2024 SEC Outdoor Championships Schedule

THURSDAY, MAY 9TH

FRIDAY, MAY 10TH

SATURDAY, MAY 11TH

FIELD EVENTS			FIELD EVENTS			FIELD EVENTS		
12:00 PM	Men's Hammer Throw	Final	4:30 PM	Women's Pole Vault	Final	3:00 PM	Men's Discus Throw	Final
2:15 PM	Women's Hammer Throw	Final	4:15 PM	Men's Shot Put	Final	5:00 PM	Men's Pole Vault	Final
4:45 PM	Men's Javelin	Final	4:30 PM	Men's High Jump	Final	5:15 PM	Women's High Jump	Final
6:45 PM	Women's Javelin	Final	6:00 PM	Women's Long Jump	Final	5:15 PM	Women's Discus Thow	Final
			6:45 PM	Women's Shot Put	Final	7:30 PM	Women's Triple Jump	Final
RUNNING EVENTS			7:00 PM	Men's Long Jump	Final	8:00 PM	Men's Triple Jump	Final
5:30 PM	Men's 800 Meters	Prelim						
5:50 PM	Women's 800 Meters	Prelim	RUNNING EVENTS			RUNNING EVENTS		
6:10 PM	Men's 200 Meters	Prelim	5:00 PM	Men's 110 Meter Hurdles	Prelim	6:05 PM	Men's 4x100 Meter Relay	Final
6:35 PM	Women's 200 Meters	Prelim	5:15 PM	Women's 100 Meter Hurdles	Prelim	6:15 PM	Women's 4x100 Meter Relay	Final
7:00 PM	Men's 400 Meter Hurdles	Prelim	5:40 PM	Men's 1500 Meters	Prelim	6:25 PM	Men's 1500 Meters	Final
7:20 PM	Women's 400 Meter Hurdles	Prelim	6:00 PM	Women's 1500 Meters	Prelim	6:35 PM	Women's 1500 Meters	Final
7:40 PM	Men's 10,000 Meters	Final	6:20 PM	Men's 400 Meters	Prelim	6:45 PM	Men's 110 Meter Hurdles	Final
8:15 PM	Women's 10,000 Meters	Final	6:45 PM	Women's 400 Meters	Prelim	6:55 PM	Women's 100 Meter Hurdles	Final
			7:10 PM	Men's 100 Meters	Prelim	7:05 PM	Men's 400 Meters	Final
DECATHLON- DAY 1			7:35 PM	Women's 100 Meters	Prelim	7:15 PM	Women's 400 Meters	Final
11:30 AM	100 Meters		8:00 PM	Men's 3000 Meter Steeplechase	Final	7:25 PM	Men's 100 Meters	Final
12:10 PM	Long Jump		8:20 PM	Women's 3000 Meter Steeplechase	Final	7:35 PM	Women's 100 Meters	Final
1:10 PM	Shot Put					7:45 PM	Men's 800 Meters	Final
2:10 PM	High Jump		DECATHLON- DAY 2			7:55 PM	Women's 800 Meters	Final
4:15 PM	400 Meters		11:00 AM	110 Meter Hurdles		8:05 PM	Men's 400 Meter Hurdles	Final
			11:45 AM	Discus Throw OUTSIDE RING		8:15 PM	Women's 400 Meter Hurdles	Final
HEPTATHLON- DAY 1			12:55 PM	Pole Vault		8:25 PM	Men's 200 Meters	Final
12:00 PM	100 Meter Hurdles		2:30 PM	Javelin Throw		8:35 PM	Women's 200 Meters	Final
12:45 PM	High Jump		4:00 PM	1500 Meters		8:45 PM	Men's 5000 Meters	Final
2:45 PM	Shot Put					9:05 PM	Women's 5000 Meters	Final
4:00 PM	200 Meters		HEPTATHLON- DAY 2	2		9:30 PM	Men's 4x400 Meter Relay	Final
			11:45 AM	Long Jump		9:40 PM	Women's 4x400 Meter Relay	Final
			1:00 PM	Javelin				
			2:30 PM	800 Meters				