

# 2024 SEC Outdoor Championships Schedule

THURSDAY, MAY 9TH

FRIDAY, MAY 10TH

SATURDAY, MAY 11TH

**FIELD EVENTS**

12:00 PM Men's Hammer Throw Final  
 2:15 PM Women's Hammer Throw Final  
 4:45 PM Men's Javelin Final  
 6:45 PM Women's Javelin Final

**RUNNING EVENTS**

5:30 PM Men's 800 Meters Prelim  
 5:50 PM Women's 800 Meters Prelim  
 6:10 PM Men's 200 Meters Prelim  
 6:35 PM Women's 200 Meters Prelim  
 7:00 PM Men's 400 Meter Hurdles Prelim  
 7:20 PM Women's 400 Meter Hurdles Prelim  
 7:40 PM Men's 10,000 Meters Final  
 8:15 PM Women's 10,000 Meters Final

**DECATHLON- DAY 1**

11:30 AM 100 Meters  
 12:10 PM Long Jump  
 1:10 PM Shot Put  
 2:10 PM High Jump  
 4:15 PM 400 Meters

**HEPTATHLON- DAY 1**

12:00 PM 100 Meter Hurdles  
 12:45 PM High Jump  
 2:45 PM Shot Put  
 4:00 PM 200 Meters

**FIELD EVENTS**

4:30 PM Women's Pole Vault Final  
 4:15 PM Men's Shot Put Final  
 4:30 PM Men's High Jump Final  
 6:00 PM Women's Long Jump Final  
 6:45 PM Women's Shot Put Final  
 7:00 PM Men's Long Jump Final

**RUNNING EVENTS**

5:00 PM Men's 110 Meter Hurdles Prelim  
 5:15 PM Women's 100 Meter Hurdles Prelim  
 5:40 PM Men's 1500 Meters Prelim  
 6:00 PM Women's 1500 Meters Prelim  
 6:20 PM Men's 400 Meters Prelim  
 6:45 PM Women's 400 Meters Prelim  
 7:10 PM Men's 100 Meters Prelim  
 7:35 PM Women's 100 Meters Prelim  
 8:00 PM Men's 3000 Meter Steeplechase Final  
 8:20 PM Women's 3000 Meter Steeplechase Final

**DECATHLON- DAY 2**

11:00 AM 110 Meter Hurdles  
 11:45 AM Discus Throw  
 12:55 PM Pole Vault  
 2:30 PM Javelin Throw  
 4:00 PM 1500 Meters

**HEPTATHLON- DAY 2**

11:45 AM Long Jump  
 1:00 PM Javelin  
 2:30 PM 800 Meters

**FIELD EVENTS**

3:00 PM Men's Discus Throw Final  
 5:00 PM Men's Pole Vault Final  
 5:15 PM Women's High Jump Final  
 5:15 PM Women's Discus Thow Final  
 7:30 PM Women's Triple Jump Final  
 8:00 PM Men's Triple Jump Final

**RUNNING EVENTS**

6:05 PM Men's 4x100 Meter Relay Final  
 6:15 PM Women's 4x100 Meter Relay Final  
 6:25 PM Men's 1500 Meters Final  
 6:35 PM Women's 1500 Meters Final  
 6:45 PM Men's 110 Meter Hurdles Final  
 6:55 PM Women's 100 Meter Hurdles Final  
 7:05 PM Men's 400 Meters Final  
 7:15 PM Women's 400 Meters Final  
 7:25 PM Men's 100 Meters Final  
 7:35 PM Women's 100 Meters Final  
 7:45 PM Men's 800 Meters Final  
 7:55 PM Women's 800 Meters Final  
 8:05 PM Men's 400 Meter Hurdles Final  
 8:15 PM Women's 400 Meter Hurdles Final  
 8:25 PM Men's 200 Meters Final  
 8:35 PM Women's 200 Meters Final  
 8:45 PM Men's 5000 Meters Final  
 9:05 PM Women's 5000 Meters Final  
 9:30 PM Men's 4x400 Meter Relay Final  
 9:40 PM Women's 4x400 Meter Relay Final