

2024 SOUTHERN CONFERENCE OUTDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS

All times are listed in Central.
Schedule is subject to change.

Samford University
Birmingham, AL

MONDAY, MAY 6

TRACK EVENTS

TIME	EVENT	ROUND
4:00 PM	Men's 1500m	Trials
4:15 PM	Women's 1500m	Trials
4:30 PM	Men's 110m Hurdles	Trials
4:45 PM	Women's 100m Hurdles	Trials
5:00 PM	Men's 400m	Trials
5:10 PM	Women's 400m	Trials
5:20 PM	Men's 100m	Trials
5:30 PM	Women's 100m	Trials
5:40 PM	Men's 800m	Trials
5:50 PM	Women's 800m	Trials
6:05 PM	Men's 400m Hurdles	Trials
6:15 PM	Women's 400m Hurdles	Trials
6:30 PM	Men's 200m	Trials
6:45 PM	Women's 200m	Trials
7:00 PM	Men's 3000m SC	Final
7:20 PM	Women's 3000m SC	Final
7:35 PM	Men's 10,000m	Final
8:20 PM	Women's 10,000m	Final

FIELD EVENTS

TIME	EVENT	ROUND
12:30 PM	Men's Hammer	Final
3:00 PM	Women's Hammer	Final
3:00 PM	Men's Pole Vault	Final
4:00 PM	Men's Long Jump	Final
5:30 PM	Men's Javelin	Final
6:30 PM	Women's Long Jump	Final
7:30 PM	Women's Pole Vault	Final
7:30 PM	Women's Javelin	Final

COMBINED EVENTS

TIME	EVENT	ROUND
11:00 AM	Men's Decathlon	Final
	100m	
	Long Jump	
	Shot Put	
	High Jump	
	400m	
11:15 AM	Women's Heptathlon	Final
	100m Hurdles	
	High Jump	
	Shot Put	
	200M	

TUESDAY, MAY 7

TRACK EVENTS

TIME	EVENT	ROUND
3:00 PM	Men's 4x100m	Final
3:10 PM	Women's 4x100m	Final
3:20 PM	Men's 1500m	Final
3:30 PM	Women's 1500m	Final
3:40 PM	Men's 110m Hurdles	Final
3:50 PM	Women's 100m Hurdles	Final
4:00 PM	Men's 400m	Final
4:10 PM	Women's 400m	Final
4:20 PM	Men's 100m	Final
4:30 PM	Women's 100m	Final
4:40 PM	Men's 800m	Final
4:50 PM	Women's 800	Final
5:00 PM	Men's 400m Hurdles	Final
5:10 PM	Women's 400m Hurdles	Final
5:20 PM	Men's 200m	Final
5:30 PM	Women's 200m	Final
5:40 PM	Men's 5000m	Final
6:05 PM	Women's 5000m	Final
6:25 PM	Men's 4x400m	Final
6:35 PM	Women's 4x400m	Final

FIELD EVENTS

TIME	EVENT	ROUND
1:15 PM	Men's Shot Put	Final
1:15 PM	Women's Discus	Final
1:15 PM	Men's High Jump	Final
3:00 PM	Women's High Jump	Final
3:30 PM	Men's Discus	Final
3:30 PM	Women's Shot Put	Final
4:00 PM	Men's Triple Jump	Final
4:45 PM	Women's Triple Jump	Final

COMBINED EVENTS

TIME	EVENT	ROUND
11:00 AM	Men's Decathlon	Final
	110m Hurdles	
	Discus	
	Pole Vault	
	Javelin	
	1500m	
11:15 AM	Women's Heptathlon	Final
	Long Jump	
	Javelin	
	800m	

