

2025 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 12

TRACK EVENTS

TIME	EVENT	ROUND
10:50 AM	National Anthem	
11:00 AM	Women's 100m Hurdles	Trials
11:15 AM	Men's 100m Hurdles	Trials
11:30 AM	Women's 400m	Trials
11:45 AM	Men's 400m	Trials
12:00 PM	Women's 100m	Trials
12:10 PM	Men's 100m	Trials
12:20 PM	Women's 800m	Trials
12:30 PM	Men's 800m	Trials
12:40 PM	Women's 400m Hurdles	Trials
12:50 PM	Men's 400m Hurdles	Trials
1:05 PM	Women's 200m	Trials
1:15 PM	Men's 200m	Trials
1:30 PM	Women's 3000m SC	Trials
1:45 PM	Men's 3000m SC	Trials
2:00 PM	Women's 10,000m	Final
2:20 PM	Men's 10,000m	Final

FIELD EVENTS

TIME	EVENT	ROUND
10:00 AM	Women's Pole Vault	Final
10:30 AM	Women's Hammer	Final
10:30 AM	Women's Long Jump	Final
11:30 AM	Women's Javelin	Final
1:00 PM	Men's Hammer	Final
1:00 PM	Men's Long Jump	Final
2:00 PM	Men's Javelin	Final
2:30 PM	Men's Pole Vault	Final

COMBINED EVENTS

TIME	EVENT	ROUND
9:00 AM	Men's Decathlon	Final
	100m	
	Long Jump	
	Shot Put	
	High Jump	
	400m	
9:15 AM	Women's Heptathlon	Final
	100m Hurdles	
	High Jump	
	Shot Put	
	200M	
	200M	

TUESDAY, MAY 13

TRACK EVENTS

TIME	EVENT	ROUND
10:50 AM	National Anthem	
11:02 AM	Women's 4x100m	Final
11:08 PM	Men's 4x100m	Final
11:12 AM	Women's 1500m	Final
11:20 AM	Men's 1500m	Final
11:30 AM	Women's 110m Hurdles	Final
11:37 AM	Men's 100m Hurdles	Final
11:44 AM	Women's 400m	Final
11:49 AM	Men's 400m	Final
11:54 AM	Women's 100m	Final
11:59 AM	Men's 100m	Final
12:04 PM	Women's 800m	Final
12:11 PM	Men's 800	Final
12:21 PM	Women's 400m Hurdles	Final
12:28 PM	Men's 400m Hurdles	Final
12:35 PM	Women's 200m	Final
12:40 PM	Men's 200m	Final
12:45 PM	Women's 5000m	Final
1:08 PM	Men's 5000m	Final
1:28 PM	Women's 4x400m	Final
1:35 PM	Men's 4x400m	Final

FIELD EVENTS

TIME	EVENT	ROUND
11:15 AM	Women's Shot Put	Final
11:15 AM	Women's High Jump	Final
12:00 PM	Women's Triple Jump	Final
12:15 PM	Men's Discus	Final
1:00 PM	Men's High Jump	Final
1:45 PM	Men's Triple Jump	Final
2:00 PM	Women's Discus	Final
2:30 PM	Men's Shot Put	Final

COMBINED EVENTS

TIME	EVENT	ROUND
9:00 AM	Men's Decathlon	Final
	110m Hurdles	
	Discus	
	Pole Vault	
	Javelin	
	1500m	
9:15 AM	Women's Heptathlon	Final
	Long Jump	
	Javelin	
	800m	

