

# 2022 MIAC Outdoor Track & Field Championship

## May 5-6, 2022 at Carleton College

## May 13-14, 2022 at St. Mary's University

### Thursday, May 5 at Carleton (Estimated schedule assumes full fields)

12:00 Decathlon Men 12:45 100H, ~ 1:30 HJ, 4:15 SP, 5:45 LJ, 7:15 800m  
 12:45 Heptathlon Women 12:00 100m, ~ 12:40 LJ, 2:10 SP, 3:40 HJ, 6:30 400m

### Friday, May 6 at Carleton

10:30 Decathlon Men 10:30 HH, ~ 11:20 DT, 12:50 PV, 4:50 JT, 6:20 1500m  
 12:30 Heptathlon Women 12:30 LJ, ~ 2:00 JT, 3:30 800m

### Friday, May 13 at St. Mary's

12:00 Coaches Meeting  
 12:45 National Anthem

#### Field Events

1:00 Javelin (artificial) Men Final  
 1:00 Discus Women Final  
 1:00 Long Jump Women Final  
 2:00 Pole Vault Men Final  
 4:00 Shot Put Men Final  
 4:00 Hammer Women Final  
 4:00 Long Jump Men Final  
 4:00 High Jump Women Final

#### Track Events

1:30 1500 Meters Women Prelim  
 1:45 1500 Meters Men Prelim  
 2:05 100 M Hurdles Women Prelim  
 2:20 110 M Hurdles Men Prelim  
 2:35 400 Meters Women Prelim  
 2:45 400 Meters Men Prelim  
 3:00 100 Meters Women Prelim  
 3:10 100 Meters Men Prelim  
 3:25 800 Meters Women Prelim  
 3:40 800 Meters Men Prelim  
 4:05 400 M Hurdles Women Prelim  
 4:20 400 M Hurdles Men Prelim  
 4:35 200 Meters Women Prelim  
 4:45 200 Meters Men Prelim  
 5:00 10,000 Meters Women Final  
 5:50 10,000 Meters Men Final  
 6:30 3200 M Relay Women Final  
 6:45 3200 M Relay Men Final

#### Implement Inspections

11:00-12:00 Men's Javelin, Women's Discus  
 11:00-12:30 Men's Shot Put, Women's Hammer

Women's Triple Jump Boards = 28' & 32'  
 Men's Triple Jump Boards = 36' & 41'

### Saturday, May 14 at St. Mary's

11:45 National Anthem

#### Field Events

12:00 Javelin (artificial) Women Final  
 12:00 Discus Men Final  
 12:00 High Jump Men Final  
 12:00 Triple Jump Women Final  
 1:00 Pole Vault Women Final  
 3:00 Hammer Men Final  
 3:00 Triple Jump Men Final  
 3:00 Shot Put Women Final

#### Track Events

1:00 Steeplechase Women Final  
 1:20 Steeplechase Men Final  
 1:40 400 M Relay Women Final  
 1:50 400 M Relay Men Final  
 2:00 1500 Meters Women Final  
 2:10 1500 Meters Men Final  
 2:25 100 M Hurdles Women Final  
 2:35 110 M Hurdles Men Final  
 2:45 400 Meters Women Final  
 2:50 400 Meters Men Final  
 3:00 100 Meters Women Final  
 3:05 100 Meters Men Final  
 3:15 800 Meters Women Final  
 3:20 800 Meters Men Final  
 3:30 400 M Hurdles Women Final  
 3:40 400 M Hurdles Men Final  
 3:50 200 Meters Women Final  
 3:55 200 Meters Men Final  
 4:00 5000 Meters Women Final  
 4:25 5000 Meters Men Final  
 4:45 1600 M Relay Women Final  
 4:55 1600 M Relay Men Final

#### Implement Inspections

10:00-11:00 Women's Javelin, Men's Discus  
 10:00-11:30 Women's Shot Put, Men's Hammer