

2023 Ivy League Heptagonal Outdoor Championships @ Penn

Saturday Field Events

11:00 AM – Women's Hammer Throw
12:00 PM – Women's Long Jump
12:00 PM – Women's Pole Vault
12:30 PM – Women's Javelin Throw
2:00 PM – Men's Hammer Throw
3:00 PM – Men's Long Jump
3:00 PM – Men's Pole Vault
3:30 PM – Men's Javelin Throw

Saturday Running Events

1:00 PM – Women's 100m Hurdle Trials
1:15 PM – Women's 400m Trials
1:30 PM – Women's 1500m Trials
1:45 PM – Women's 100m Trials
2:00 PM – Women's 800m Trials
2:15 PM – Women's 400m Hurdle Trials
2:30 PM – Women's 200m Trials
3:00 PM – Men's 100m Hurdle Trials
3:15 PM – Men's 400m Trials
3:30 PM – Men's 1500m Trials
3:45 PM – Men's 100m Trials
4:00 PM – Men's 800m Trials
4:15 PM – Men's 400m Hurdle Trials
4:30 PM – Men's 200m Trials
8:00 PM – Women's 10,000m Finals
8:40 PM – Men's 10,000m Finals

Sunday Field Events

11:00 AM – Men's High Jump
11:00 AM – Women's Triple Jump
11:00 AM – Women's Shot Put
12:00 PM – Men's Discus Throw
2:00 PM – Women's High Jump
2:00 PM – Men's Triple Jump
2:00 PM – Women's Discus Throw
2:00 PM – Men's Shot Put

Sunday Running Events

12:00 PM – Women's Steeplechase
12:15 PM – Men's Steeplechase
12:30 PM – Women's 400m Relay
12:35 PM – Men's 400m Relay
12:45 PM – Women's 1500m Final
12:55 PM – Men's 1500m Final
1:10 PM – Women's 100m Hurdle Final
1:20 PM – Men's 110m Hurdle Final
1:30 PM – Women's 400m Final
1:40 PM – Men's 400m Final
1:50 PM – Women's 100m Final
1:55 PM – Men's 100m Final
2:05 PM – Women's 800m Final
2:15 PM – Men's 800m Final
2:30 PM – Women's 400m Hurdle Final
2:40 PM – Men's 400m Hurdle Final
2:50 PM – Women's 200m Final
2:55 PM – Men's 200m Final
3:00 PM – Women's 5000m Final
3:20 PM – Men's 5000m Final
3:40 PM – Women's 3200m Relay Final
3:50 PM – Men's 3200m Relay Final
4:05 PM – Women's 1600m Relay Final
4:15 PM – Men's 1600m Relay Final
4:30 PM – Awards Ceremony

Multi-event start times are approximate and will be adjusted as is necessary

Decathlon

11:00 AM – 100m
11:35 AM – LJ
12:30 PM – SP (contested in Franklin Field)
1:30 PM - HJ
2:45 PM – 400m

Heptathlon

11:30 AM – 100h
12:15 PM - HJ
2:00 PM – SP (contested in Franklin Field)
3:00 PM - 200m

Decathlon

10:00 AM – 110h
10:45 AM – Discus
12:15 PM – PV
2:30 PM - Javelin
3:35 PM – 1500m

Heptathlon

10:00 AM – LJ
11:15 PM - Javelin
12:40 PM - 800m