



ASUN 2023 OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Visit Jax Track at Hodges Stadium • Jacksonville, Fla.

Schedule of Events

Thursday, May 11

Combined Events

| | |
|----------|-------------------------|
| 11:30 AM | Decathlon 100M |
| 12:15 PM | Decathlon Long Jump |
| 1:30 PM | Decathlon Shot Put |
| 2:15 PM | Decathlon High Jump |
| 4:30 PM | Decathlon 400M |
| 12:00 PM | Heptathlon 100M Hurdles |
| 12:50 PM | Heptathlon High Jump |
| 2:50 PM | Heptathlon Shot Put |
| 4:00 PM | Heptathlon 200M |

Field Events

| | |
|---------|------------------|
| 1:30 PM | Hammer Throw (W) |
| 2:00 PM | Javelin (W) |
| 3:30 PM | Hammer Throw (M) |
| 5:30 PM | Pole Vault (M) |
| 6:30 PM | High Jump (W) |

Running Events

| | |
|---------|------------------------|
| 5:35 PM | 400M Hurdles Trial (W) |
| 5:55 PM | 400M Hurdles Trial (M) |
| 6:15 PM | 200M Trial (W) |
| 6:30 PM | 200M Trial (M) |
| 6:45 PM | 1,500M Trial (W) |
| 7:05 PM | 1,500M Trial (M) |
| 8:30 PM | 10,000M Final (W) |
| 9:15 PM | 10,000M Final (M) |

Friday, May 12

Combined Events

| | |
|----------|------------------------|
| 10:30 AM | Decathlon 110M Hurdles |
| 11:15 AM | Decathlon Discus |
| 12:20 PM | Decathlon Pole Vault |
| 4:30 PM | Decathlon Javelin |
| 5:45 PM | Decathlon 1,500M |
| 12:00 PM | Heptathlon Long Jump |
| 1:00 PM | Heptathlon Javelin |
| 3:00 PM | Heptathlon 800M |

Field Events

| | |
|---------|---------------|
| 2:00 PM | Discus (W) |
| 2:15 PM | Long Jump (W) |
| 4:30 PM | Shot Put (M) |
| 4:30 PM | Long Jump (M) |
| 5:45 PM | High Jump (M) |

Running Events

| | |
|---------|-------------------------------|
| 4:00 PM | 400M Trial (W) |
| 4:15 PM | 400M Trial (M) |
| 4:30 PM | 100M Trial (W) |
| 4:45 PM | 100M Trial (M) |
| 5:10 PM | 100M Hurdles Trial (W) |
| 5:30 PM | 110M Hurdles Trial (M) |
| 5:50 PM | 800M Trial (W) |
| 6:15 PM | 800M Trial (M) |
| 6:45 PM | 3,000M Steeplechase Final (W) |
| 7:00 PM | 3,000M Steeplechase Final (M) |

Note: For the combined events at least 30 minutes shall be allowed between each event.

Saturday, May 13

Field Events

| | |
|---------|-----------------|
| 3:00 PM | Discus (M) |
| 3:00 PM | Pole Vault (W) |
| 4:00 PM | Triple Jump (W) |
| 4:30 PM | Shot Put (W) |
| 5:30 PM | Triple Jump (M) |
| 5:30 PM | Javelin (M) |

Running Events

| | |
|---------|------------------------|
| 4:45 PM | 4x100M Relay Final (W) |
| 4:55 PM | 4x100M Relay Final (M) |
| 5:05 PM | 1,500M Final (W) |
| 5:15 PM | 1,500M Final (M) |
| 5:25 PM | 100M Hurdles Final (W) |
| 5:35 PM | 110M Hurdles Final (M) |
| 5:40 PM | 400M Final (W) |
| 5:45 PM | 400M Final (M) |
| 5:50 PM | 100M Final (W) |
| 5:55 PM | 100M Final (M) |
| 6:00 PM | 800M Final (W) |
| 6:05 PM | 800M Final (M) |
| 6:15 PM | 400M Hurdles Final (W) |
| 6:25 PM | 400M Hurdles Final (M) |
| 6:35 PM | 200M Final (W) |
| 6:40 PM | 200M Final (M) |
| 6:45 PM | 5,000M Final (W) |
| 7:10 PM | 5,000M Final (M) |
| 7:30 PM | 4x400M Relay Final (W) |
| 7:40 PM | 4x400M Relay Final (M) |
| 8:00 PM | Awards Presentation |