



ASUN 2022 OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Visit Jax Track at Hodges Stadium • Jacksonville, Fla.

Schedule of Events

Thursday, May 12

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 (M)
3:30 PM	Hammer Throw (W)
5:30 PM	Javelin (M)
5:30 PM	Pole Vault (W)
6:30 PM	High Jump (M)

Running Events

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

Friday, May 13

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

Running Events

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

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

Saturday, May 14

Field Events

11:00 AM	Discus (W)
11:00 AM	Pole Vault (M)
12:00 PM	Triple Jump (M)
12:30 PM	Shot Put (M)
1:30 PM	Triple Jump (W)
1:30 PM	Javelin (W)

Running Events

12:45 PM	4x100M Relay Final (M)
12:55 PM	4x100M Relay Final (W)
1:05 PM	1,500M Final (M)
1:15 PM	1,500M Final (W)
1:25 PM	110M Hurdles Final (M)
1:35 PM	100M Hurdles Final (W)
1:40 PM	400M Final (M)
1:45 PM	400M Final (W)
1:50 PM	100M Final (M)
1:55 PM	100M Final (W)
2:00 PM	800M Final (M)
2:05 PM	800M Final (W)
2:15 PM	400M Hurdles Final (M)
2:25 PM	400M Hurdles Final (W)
2:35 PM	200M Final (M)
2:40 PM	200M Final (W)
2:45 PM	5,000M Final (M)
3:10 PM	5,000M Final (W)
3:30 PM	4x400M Relay Final (M)
3:40 PM	4x400M Relay Final (W)
4:00 PM	Awards Presentation