

# 2013 Big South Outdoor Track & Field Championship Schedule

April 18-20 Liberty University Matthes/Hopkins Track, Lynchburg, Va.

## Weds. April 17

7:00pm Coaches Technical Meeting

## Thursday, April 18

11:00am Men's Hammer Trials and Finals  
1:30pm Women's Hammer Trials and Finals  
2:00pm Men's Long Jump Trials and Finals  
Heptathlon 100mH  
2:20pm Decathlon 100m  
2:40pm Heptathlon H Jump  
2:55pm Decathlon L Jump  
4:00pm Men's Javelin  
Women's Long Jump Trials and Finals  
Decathlon Shot Put  
4:25pm Heptathlon Shot Put  
4:45pm Decathlon H Jump  
5:30pm Heptathlon 200m  
6:30pm Decathlon 400m  
8:30pm Women's 10000m Final  
9:15pm Men's 10000m Final

## Friday, April 19

9:00am Women's Javelin Final  
9:00am Decathlon 110mH  
9:35am Decathlon Discus  
10:00am Heptathlon Long Jump  
10:00am Women's 1500m Trials  
10:00am Men's Shot Put Final  
10:20am Women's 100mH Trials  
10:40am Decathlon Pole Vault  
10:45am Men's 110mH Trials  
11:00am Heptathlon Javelin  
11:00am Women's 400m Trials  
11:15am Men's 400m Trials  
11:35am Women's 100m Trials  
11:50am Men's 100m Trials  
12:10pm Women's 800m Trials  
12:15pm Heptathlon 800m  
12:25pm Men's 800m Trials  
12:25pm Women's Shot Put Final  
12:30pm Decathlon Javelin  
12:40pm Women's 400mIH Trials  
1:00pm Men's 400mIH Trials  
1:20pm Women's 200m Trials  
1:30pm Decathlon 1500m  
1:35pm Men's 200m Trials  
2:30pm Women's High Jump Final  
3:30pm Women's Pole Vault Final  
4:00pm Men's High Jump Final  
10:00pm Women's 3000m Steeplechase Final  
10:15pm Men's 3000m Steeplechase Final

## Saturday April 20

10:00am Men's Discus Trials and Finals  
12:00pm Women's Triple Jump Trials and Finals  
12:30pm Women's Discus Trials and Finals  
Women's 4x100m Final  
12:40pm Men's 4x100m Final  
12:50pm Women's 1500m Final  
1:00pm Men's Pole Vault Final  
Men's 1500m Final  
1:25pm Women's 100mH Final  
1:35pm Men's 110mH Final  
1:50pm Women's 400m Final  
1:55pm Men's 400m Final  
2:00pm Men's Triple Jump Trials and Finals  
2:05pm Women's 100m Final  
2:10pm Men's 100m Final  
2:20pm Women's 800m Final  
2:30pm Men's 800m Final  
2:50pm Women's 400m IH Final  
3:05pm Men's 400m IH Final  
3:20pm Women's 200m Final  
3:30pm Men's 200m Final  
3:40pm Women's 5000m Final  
4:05pm Men's 5000m Final  
4:25pm Women's 4x400m Final  
4:30pm Men's 4x400m Final  
4:45pm Awards Ceremony