

adidas OUTDOOR Nationals FINAL Schedule

Friday, June 20th Running Events

Facility Opens at 7:00am

- 9:00am - CHAMP Boys Shuttle Hurdle Relay
- 9:30am - CHAMP Girls Shuttle Hurdle Relay
- 10:00am - CHAMP Girls 100mH Heptathlon
- 10:15am - Middle school Girls 100mH Prelims
- 10:30am - Middle School Boys 100mH Prelims
- 10:45am - Freshmen Elite Girls 100mH Final
- 10:55am - National Elite Girls 100mH Prelims
- 11:25am - CHAMP Girls 100mH Prelims
- 11:35am - Freshmen Elite Boys 110mH Final
- 11:40am - National Elite Boys 110mH Prelims
- 12::30pm - CHAMP Boys 110mH Prelims
- 12:50pm - CHAMP Girls 4x800m Relay
- EST 1:00pm - Heptathlon 200m Dash
- 1:15pm - CHAMP Boys 4x800m Relay
- 1:35pm - Middle School Elite Girls 100m Dash Prelims
- 2:00pm - Middle School Elite Boys 100m Dash Prelims
- 2:45pm - Freshmen Elite Girls 100m Dash Prelims
- 3:00pm - National Elite Boys 100m Dash Prelims (ON BACKSTRETCH)**
- 3:05pm - Freshmen Elite Boys 100m Dash Prelims
- 3:55pm - National Elite Girls 100m Dash Prelims
- 4:30pm - CHAMP Girls 100m Dash Prelims
- 5:00pm - CHAMP Boys 100m Dash Prelims
- 5:45pm - CHAMP Girls 2K Steeplechase
- 6:00pm - CHAMP Boys 2K Steeplechase
- 6:15pm - CHAMP Girls Swedish Medley Relay
- 6:30pm - CHAMP Boys Swedish Medley Relay
- 6:45pm - Middle School Girls 2 Mile Run
- 7:00pm - Middle School Boys 2 Mile Run
- 7:15pm - Freshmen Elite Girls 2 Mile Run
- 7:30pm - Freshmen Elite Boys 2 Mile Run
- 7:50pm - CHAMP Mixed 4x400m Relay
- 8:00pm - CHAMP Girls 2 Mile Run
- 8:15pm - CHAMP Boys 2 Mile Run
- 8:30pm - National Elite Girls 2 Mile Run
- 8:45pm - National Elite Boys 2 Mile Run

Friday, June 20th Field Events

Friday Horizontal Runways

- 8:00am - Freshmen Girls Long Jump (Outer Pit)
- 8:00am - Freshmen Boys Long Jump (Inner Pit)
- 1:00pm - Middle School Girls Long Jump (Outer Pit)
- 2:00pm - Middle School Boys Long Jump (Inner Pit)
- 6:00pm - CHAMP Girls Long Jump (Outer Pit)
- 6:00pm - CHAMP Boys Long Jump (Inner Pit)

Friday Shot Put Ring

- 10:00am - Freshmen Elite Boys Shot Put
- 12:00pm - EST CHAMP Girls Heptathlon Shot Put
- 2:00pm - Middle School Boys Shot Put (Backup Ring)
- 3:00pm - Freshmen Elite Girls Shot Put

Friday Pole Vault Pits

- 10:00am - National Elite Girls Pole Vault (Unseeded Flight)
- 2:00pm - EST National Elite Girls Pole Vault (Seeded Flight)
- 6:00pm - CHAMP Girls Pole Vault

Friday High Jump Apron

- 11:10am - CHAMP Girls Heptathlon High Jump (100m side pit)
- 12:00pm - Middle School Girls High Jump (Clerking side pit)
- 3:00pm - Middle School Boys High Jump (100m side pit)

Friday Discus/Hammer Ring

- 9:00am - Middle School Boys Discus Throw
- 1:00pm - CHAMP Girls Hammer Throw
- 3:00pm - CHAMP Boys Hammer Throw

Friday Multis Schedule

- 10:30am - Girls Hep. 100m Hurdles
- EST. 11:10am - Girls HEP. High Jump
- EST. 12:00pm - Girls HEP. Shot Put
- EST. 1:30pm - Girls HEP. 200m Dash (*After hurdle prelims*)

Saturday, June 21st Running Events

Facility Opens at 7:00am

8:00am - CHAMP Boys Decathlon 100m Dash
8:10am - Middle School Girls 4x100m Relay (Final)
8:20am - Middle School Boys 4x100m Relay (Final)
8:30am - National Elite Girls 4x100m Relay Prelims
9:15am - National Elite Boys 4x100m Relay Prelims
10:05am - CHAMP Girls 4x100m Relay Prelims
10:20am - CHAMP Boys 4x100m Relay Prelims
10:30am - Middle School Girls 400m Dash
11:05am - Middle School Boys 400m Dash
11:30am - Freshmen Elite Girls 400m Dash
12:10pm - Freshmen Elite Boys 400m Dash
12:40pm - National Elite Girls 400m Dash
1:25pm - National Elite Boys 400m Dash

EST 2:15pm- CHAMP Girls Heptathlon 800m Run

2:55pm - CHAMP Girls 400m Dash
3:10pm - CHAMP Boys 400m Dash
3:30pm - Middle School Girls 100mH Final
3:35pm - Middle School Boys 100mH Final
3:40pm - National Elite Girls 100mH Final
3:45pm - CHAMP Girls 100mH Final
3:50pm - National Elite Boys 110mH Final
3:55pm - CHAMP Boys 110mH Final

EST 3:45pm - CHAMP Boys Decathlon 400m Dash (After hurdles)

4:00pm - Middle School Girls 100m Final | 4:05pm - Middle School Boys 100m Final
4:10pm - Freshmen Elite Girls 100m Final | 4:15pm - Freshmen Elite Boys 100m Final
4:20pm - National Elite Girls 100m Final | 4:25pm - National Elite Boys 100m Final
4:30pm - CHAMP Girls 100m Final | 4:35pm - CHAMP Boys 100m Final
4:40pm - Middle School Girls One Mile Run
5:00pm - Middle School Boys One Mile Run
5:30pm - Freshmen Elite Girls One Mile Run
5:40pm - Freshmen Elite Boys One Mile Run
6:05pm - National Elite Girls One Mile Run
6:25pm - National Elite Boys One Mile Run
7:00pm - CHAMP Girls One Mile run
7:10pm - CHAMP Boys One Mile Run
7:20pm - CHAMP Girls 1600m Sprint Medley Relay
7:15pm - CHAMP Boys 1600m Sprint Medley Relay
7:50pm - CHAMP Girls Distance Medley Relay
8:05pm - CHAMP Boys Distance Medley Relay
8:20pm - National Elite Girls 4x200m Relay
8:45pm - National Elite Boys 4x200m Relay
9:05pm - CHAMP Girls 4x200m Relay
9:20pm - CHAMP Boys 4x200m Relay

Saturday, June 21st Field Events

Saturday Horizontal Runways

- 8:00am - National Elite Girls Triple Jump (Outer Pit)
- 8:00am - National Elite Boys Triple Jump (Inner Pit)
- EST - 8:40am - CHAMP Boys Decathlon Long Jump (Inner Pit) (REVERSE DIRECTION)*
- EST - 10:45am - CHAMP Girls Heptathlon Long Jump (Inner Pit) (REVERSE DIRECTION)*
- 6:30pm - CHAMP Girls Triple Jump (Outer Pit)

Saturday High Jump Apron

- 9:00am - National Elite Girls High Jump (2 Pits)
- EST 2:00pm - CHAMP Boys Decathlon High Jump (On Open Pit)
- 3:00pm - National Elite Boys High Jump (2 Pits)

Saturday Pole Vault Pits

- 8:00am - Middle School Girls Pole Vault
- 11:30am - National Elite Boys Pole Vault (Unseeded Flight)
- 5:00pm - National Elite Boys Pole Vault (Seeded Flight)

Saturday Javelin Runway

- 9:00am - CHAMP Boys Javelin
- EST 1:00pm - CHAMP Girls Heptathlon Javelin
- 2:00pm - CHAMP Girls Javelin
- Saturday Shot Put Ring
- 8:00am - National Elite Boys Shot Put
- (Flight 1/2 on Backup; Flight 3 first on regular ring at 8:00am)*
- EST 10:30am - CHAMP Boys Decathlon Shot Put (Backup ring)*
- 4:30pm - CHAMP Boys Shot Put

Saturday Discus Ring

- 7:45am - National Elite Girls Discus Throw
- 1:00pm - National Elite Boys Discus Throw

Saturday Multis Schedule

- 8:00am - Boys DEC. 100m Dash
- EST 8:40am - Boys DEC. Long Jump
- EST 10:45am - Girls HEP. Long Jump
- EST 10:30am - Boys DEC. Shot Put
- EST 1:00pm - Girls HEP. Javelin Throw
- EST 2:00pm - Boys DEC. High Jump
- EST 2:15pm - Girls HEP 800m Run
- EST 3:45pm - Boys DEC. 400m Dash

Sunday, June 22nd Running Events

Facility Opens at 7:00am

- 8:00am - CHAMP Boys 110mH Decathlon
- 8:20am - National Elite Girls 800 SMR
- 8:30am - National Elite Boys 800 SMR
- 8:55am - CHAMP Girls 800m SMR
- 9:00am - CHAMP Boys 800m SMR
- 9:05am - National Elite Girls 400m Hurdles
- 9:50am - CHAMP Girls 400m Hurdles
- 10:10am - National Elite Boys 400m Hurdles
- 10:55am - CHAMP Boys 400m Hurdles
- 11:15am - Middle School Girls 200m Dash (FINAL)
- 11:45am - Middle School Boys 200m Dash (FINAL)
- 12:25pm - Freshmen Elite Girls 200m Dash (FINAL)
- 12:55pm - Freshmen Elite Boys 200m Dash (FINAL)
- 1:10pm - National Elite Girls 200m Dash (Prelims)
- 1:50pm - National Elite Boys 200m Dash (Prelims)
- EST: Champ Boys Decathlon 1500m Run*
- 3:00pm - CHAMP Girls 200m Dash (Prelims)
- 3:20pm - CHAMP Boys 200m Dash (Prelims)
- 3:50pm — Recognition Ceremony —*
- 3:55pm - National Elite Girls 4x100m Relay Final
- 4:00pm - National Elite Boys 4x100m Relay Final
- 4:05pm - CHAMP Girls 4x100m Relay Final
- 4:10pm - CHAMP Boys 4x100m Relay Final
- 4:15pm - Middle School Girls 800m Run
- 4:30pm - Middle School Boys 800m Run
- 4:45pm - Freshmen Elite Girls 800m Run
- 4:55pm - Freshmen Elite Boys 800m Run
- 5:10pm - National Elite Girls 800m Run
- 5:30pm - National Elite Boys 800m Run
- 6:00pm - CHAMP Girls 800m Run
- 6:10pm - CHAMP Boy 800m Run
- 6:20pm - National Elite Girls 200m Dash (Final)
- 6:25pm - National Elite Boys 200m Dash (Final)
- 6:30pm - CHAMP Girls 200m Dash (Final)
- 6:35pm - CHAMP Boys 200m Dash (Final)
- 6:40pm - National Elite Girls 4x400m Relay
- 7:00pm - National Elite Boys 4x400m Relay
- 7:40pm - CHAMP Girls 4x400m Relay
- 7:50pm - CHAMP Boys 4x400m Relay

Sunday, June 22nd Field Events

Sunday Horizontal Runways

- 8:30am - National Elite Girls Long Jump (Outer Pit)
- 8:30am - National Elite Boys Long Jump (Inner Pit)
- 3:00pm - CHAMP Boys Triple Jump (Outer Pit)

Sunday High Jump Apron

- 9:00am - CHAMP Girls High Jump
- 1:00pm - CHAMP Boys High Jump

Sunday Pole Vault Pits

- 10:00am - CHAMP Boys Decathlon Pole Vault (Backup Pit)
- 11:00am - CHAMP Boys Pole Vault (Main Pit)
- 1:00pm - Middle School Boys Pole Vault (Backup Pit)

Sunday Shot Put Ring

- 8:30am - Middle School Girls Shot Put
- 12:30am - CHAMP Girls Shot Put
- 2:00pm - National Elite Girls Shot Put

Sunday Discus Ring

- EST 8:40am - CHAMP Boys Decathlon Discus
- 11:00am - CHAMP Boys Discus Throw
- 1:00pm - CHAMP Girls Discus Throw
- 3:00pm - Middle School Girls Discus Throw

Sunday Javelin Runway

- EST 12:00pm - CHAMP Boys Decathlon Javelin Throw

Sunday Multis Schedule

- 8:00am - Boys DEC. 110mH Hurdles
- EST. 8:40am - Boys DEC. Discus Throw
- EST 10:00am - Boys DEC. Pole Vault
- EST 12:00pm - Boys DEC. Javelin
- EST. 2:00pm - Boys DEC. 1500m Run