

2022 NCAA Outdoor Time Schedule

The '22 NCAA Championships (Eugene, June 08–11) will once again be divided by sex, following the setup initiated in '15. Other than some dec/hept crossover, the meet will again be men on Wednesday & Friday, women on Thursday & Saturday.

Prior to Eugene, the preliminaries (1 or 2 rounds of running, qualifying round in the field) will be held at the Regionals on May 26–28 (Bloomington, Indiana, for the East; Fayetteville, Arkansas, for the West).

The Eugene timetable, with color-coded finals (blue = men; red = women):

Wednesday Men

12:30..... Decathlon 100
1:10..... Decathlon Long Jump
2:00..... Hammer F
2:25..... Decathlon Shot
3:40..... Decathlon High Jump
4:32..... 4 x 100 SF
4:46..... 1500 SF
5:00..... Pole Vault F
5:02..... Steeple SF
5:32..... 110 Hurdles SF
5:45..... Javelin F
5:46..... 100 SF
6:00..... Long Jump F
..... 400 SF
6:14..... 800 SF
6:30..... 400 Hurdles SF
6:40..... Shot F
6:44..... 200 SF
6:56..... Decathlon 400
7:08..... 10,000 F
7:48..... 4 x 400 SF

Thursday Men

11:30... Decathlon 110 Hurdles
12:20..... Decathlon Discus
1:30..... Decathlon Pole Vault
4:00..... Decathlon Javelin
7:56..... Decathlon 1500

Friday Men

5:30..... High Jump F
5:35..... Discus F
6:02..... 4 x 100 F
6:12..... 1500 F
6:20..... Triple Jump F
6:24..... Steeple F
6:42..... 110 Hurdles F
6:52..... 100 F
7:02..... 400 F
7:14..... 800 F
7:27..... 400 Hurdles F
7:37..... 200 F
7:55..... 5000 F
8:21..... 4 x 400 F

Thursday Women

3:00..... Hammer F
5:32..... 4 x 100 SF
5:46..... 1500 SF
6:00..... Pole Vault F
6:02..... Steeple SF
6:32..... 100 Hurdles SF
6:45..... Javelin F
6:46..... 100 SF
7:00..... Long Jump F
..... 400 SF
7:14..... 800 SF
7:30..... 400 Hurdles SF
7:40..... Shot F
7:44..... 200 SF
8:08..... 10,000 F
8:48..... 4 x 400 SF

Friday Women

1:00... Heptathlon 100 Hurdles
2:00... Heptathlon High Jump
4:00..... Heptathlon Shot
7:43..... Heptathlon 200

Saturday Women

10:30... Heptathlon Long Jump
11:45..... Heptathlon Javelin
2:00..... High Jump F
2:05..... Discus F
2:32..... 4 x 100 F
2:41..... 1500 F
2:50..... Triple Jump F
2:54..... Steeple F
3:12..... 100 Hurdles F
3:22..... 100 F
3:32..... 400 F
3:44..... 800 F
3:57..... 400 Hurdles F
4:07..... 200 F
4:13..... Heptathlon 800
4:25..... 5000 F
4:51..... 4 x 400 F

as of February 10

(always subject to change)