

# 2023 NCAA Outdoor Time Schedule

The '23 NCAA Championships (Austin, June 07–10) will once again be divided by sex, following the setup initiated in '15. Other than some dec/hept crossover, the meet will be men on Wednesday & Friday, women on Thursday & Saturday.

Prior to Austin, the preliminaries (1 or 2 rounds of running, qualifying rounds in the field) will be held at the Regionals on May 24–27 (Jacksonville, Florida, for the East; Sacramento, California, for the West).

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

## Wednesday Men

2:30..... Decathlon 100  
**2:30..... Hammer F**  
3:10..... Decathlon Long Jump  
4:25..... Decathlon Shot  
**5:30..... Javelin F**  
5:40..... Decathlon High Jump  
6:32..... 4 x 100 sf  
6:46..... 1500 sf  
**6:30..... Pole Vault F**  
7:02..... Steeple sf  
7:32..... 110 Hurdles sf  
7:46..... 100 sf  
**8:00..... Long Jump F**  
..... 400 sf  
8:14..... 800 sf  
**8:30..... Shot F**  
..... 400 Hurdles sf  
8:44..... 200 sf  
8:56..... Decathlon 400  
**9:08..... 10,000 F**  
9:48..... 4 x 400 sf

## Thursday Men

12:00... Decathlon 110 Hurdles  
12:50..... Decathlon Discus  
2:00..... Decathlon Pole Vault  
4:30..... Decathlon Javelin  
**9:56..... Decathlon 1500**

## Friday Men

**7:30..... High Jump F**  
**7:35..... Discus F**  
**8:02..... 4 x 100 F**  
**8:10..... Triple Jump F**  
**8:12..... 1500 F**  
**8:24..... Steeple F**  
**8:42..... 110 Hurdles F**  
**8:52..... 100 F**  
**9:02..... 400 F**  
**9:14..... 800 F**  
**9:27..... 400 Hurdles F**  
**9:37..... 200 F**  
**9:55..... 5000 F**  
**10:21..... 4 x 400 F**

## Thursday Women

**3:30..... Hammer F**  
**6:45..... Javelin F**  
**7:30..... Pole Vault F**  
7:32..... 4 x 100 sf  
7:46..... 1500 sf  
8:02..... Steeple sf  
8:32..... 100 Hurdles sf  
8:46..... 100 sf  
**9:00..... Long Jump F**  
..... 400 sf  
9:14..... 800 sf  
**9:30..... Shot F**  
..... 400 Hurdles sf  
9:44..... 200 sf  
**10:08..... 10,000 F**  
10:48..... 4 x 400 sf

## Friday Women

2:45... Heptathlon 100 Hurdles  
3:45... Heptathlon High Jump  
5:45..... Heptathlon Shot  
9:43..... Heptathlon 200

## Saturday Women

4:00..... Heptathlon Long Jump  
5:15..... Heptathlon Javelin  
**7:30..... High Jump F**  
**7:35..... Discus F**  
**8:02..... 4 x 100 F**  
**8:10..... Triple Jump F**  
**8:12..... 1500 F**  
**8:24..... Steeple F**  
**8:42..... 100 Hurdles F**  
**8:52..... 100 F**  
**9:02..... 400 F**  
**9:14..... 800 F**  
**9:27..... 400 Hurdles F**  
**9:37..... 200 F**  
**9:43..... Heptathlon 800**  
**9:55..... 5000 F**  
**10:21..... 4 x 400 F**

**as of April 28**

*(always subject to change)*