

# 2024 NCAA Outdoor Time Schedule

The '24 NCAA Championships (Eugene, June 05–08) 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 Eugene, the preliminaries (1 or 2 rounds of running, qualifying rounds in the field) will be held at the Regionals on May 22–25 (Lexington, Kentucky, 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**  
**2:50..... Triple Jump F**  
**2:41..... 1500 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 13**

*(always subject to change)*