

2024 PAC 12 TRACK & FIELD CHAMPIONSHIPS



FRIDAY, May 10

SATURDAY, May 11

SUNDAY, May 12

Running Events

11:00am	W	100M Hurdles	Heptathlon
12:10pm	M	100M	Decathlon
3:45pm	W	200M	Heptathlon
3:55pm		National Anthem	
4:00pm	W	1500M	Prelim
4:20pm	M	1500M	Prelim
4:35pm	W	200M	Prelim
4:50pm	M	200M	Prelim
5:05pm	W	400M Hurdles	Prelim
5:20pm	M	400M Hurdles	Prelim
5:35pm	M	400M	Decathlon
5:50pm	W	10,000M	Final
6:30pm	M	10,000M	Final

Field Events

11:00am	W	Javelin	Final
2:00pm	M	Javelin	Final
3:30pm	W	Long Jump	Final
3:45pm	M	Long Jump	Final
4:05pm	W	Hammer	Final

Heptathlon

11:00am	W	100M Hurdles
11:50am	W	High Jump**
2:30pm	W	Shot Put
3:45pm	W	200M

Decathlon

12:10pm	M	100M
12:55pm	M	Long Jump**
2:10pm	M	Shot Put
3:15pm	M	High Jump**
5:35pm	M	400M

**Heptathlon and Decathlon High Jump and Long Jump competitions can be contested on dual pits if necessary.

Running Events

11:30am	M	110M Hurdles	Decathlon
2:50pm		National Anthem	
3:00pm	W	100M Hurdles	Prelim
3:15pm	M	110M Hurdles	Prelim
3:30pm	W	400M	Prelim
3:45pm	M	400M	Prelim
4:00pm	W	800M	Heptathlon
4:15pm	W	100M	Prelim
4:30pm	M	100M	Prelim
4:45pm	W	800M	Prelim
5:00pm	M	800M	Prelim
5:20pm	W	3000M Steeplechase	Final
5:40pm	M	3000M Steeplechase	Final
6:00pm	M	1500M	Decathlon

Field Events

1:30pm	M	Hammer	Final
3:00pm	M	Pole Vault	Final
4:10pm	W	High Jump	Final
4:15pm	W	Shot Put	Final
4:20pm	M	Shot Put	Final

Decathlon

11:30am	M	110M Hurdles
12:15pm	M	Discus
1:30pm	M	Pole Vault
4:30pm	M	Javelin
6:00pm	M	1,500M

Heptathlon

1:00pm	W	Long Jump**
2:30pm	W	Javelin
4:00pm	W	800M

Running Events

12:50pm		National Anthem	
1:00pm	W	4x100M Relay	Final
1:10pm	M	4x100M Relay	Final
1:20pm	W	1500M	Final
1:30pm	M	1500M	Final
1:40pm	W	100M Hurdles	Final
1:47pm	M	110M Hurdles	Final
1:55pm	W	400M	Final
2:00pm	M	400M	Final
2:05pm	W	100M	Final
2:10pm	M	100M	Final
2:15pm	W	800M	Final
2:22pm	M	800M	Final
2:30pm	W	400M Hurdles	Final
2:37pm	M	400M Hurdles	Final
2:45pm	W	200M	Final
2:50pm	M	200M	Final
3:00pm	W	5000M	Final
3:25pm	M	5000M	Final
3:55pm	W	4x400M Relay	Final
4:10pm	M	4x400M Relay	Final
4:30pm		Team Awards Presentation	

Field Events

11:00am	W	Discus	Final
11:10am	W	Triple Jump	Final
11:15am	M	Triple Jump	Final
12:00pm	W	Pole Vault	Final
1:15pm	M	High Jump	Final
1:45pm	M	Discus	Final