**NEICAAA Friday Outdoor Schedule
updated - Wed, March 16, 2022**

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| --- | --- | --- | --- | --- |
| **Event** | **Gender** | **Time** | **Format** |  |
| Decathlon-100m dash | Men | 12:00 pm | Finals |  |
| Heptathlon-100m hurdles | Women | 12:15 pm | Finals |  |
| Heptathlon-High Jump | Women | TBD |  |  |
| Decathlon-Long Jump | Men | TBD | 3 Jumps |  |
| Javelin | Men | 11:00 am | Top 9 Finals |  |
| Decathlon-Shot Put | Men | TBD | 3 Throws |  |
| Heptathlon-Shot Put | Women | TBD | 3 Throws |  |
| Pole Vault | Men | 1:00 pm |  |  |
| Decathlon-High Jump | Men | TBD |  |  |
| Heptathlon-200m | Women | TBD | Finals |  |
| Hammer Throw | Men | 1:00 pm | Top 9 Finals |  |
| Javelin | Women | 3:00 pm | Top 9 Finals |  |
| Long Jump | Men | 3:00 pm | Top 9 Finals |  |
| 110m Hurdles | Men | 4:05 pm | Heats |  |
| 100m Hurdles | Women | 4:20 pm | Heats |  |
| 400 Meters | Men | 4:35 pm | Heats |  |
| Decathlon-400m | Men |  TBD | Finals |  |
| 400 Meters | Women | 4:50 pm | Heats |  |
| High Jump | Men | 3:00 pm | Five Alive |  |
| 100m Dash | Men | 5:05 pm | Heats |  |
| 100m Dash | Women | 5:15 pm | Heats |  |
| Pole Vault | Women | 5:00 pm |  |  |
| 400m HurdlesHigh Jump | MenWomen | 5:35 pm5:35 pm | HeatsFive Alive |  |
| Hammer Throw | Women | 4:00 pm | Top 9 Finals |  |
| Long Jump | Women | 6:00 pm | Top 9 Finals |  |
| 400m Hurdles | Women | 5:50 pm | Heats |  |
| 200m Dash | Men | 6:10 pm | Heats |  |
| 200m Dash | Women | 6:25 pm | Heats |  |
| 5000m Sections | Men | 6:40 pm \*\*\* | Finals |  |
| 5000m Sections | Women | 7:00 pm \*\*\* | Finals |  |
| 10000m Run | Men | 7:25 pm | Finals |  |
| 10000m Run | Women | 8:00 pm | Finals |  |

\*\*\* if two sections, schedule will be adjusted

**NEICAAA Saturday Schedule TENTATIVE
updated - Wed, March 16, 2022**

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| --- | --- | --- | --- |
| **Event** | **Gender** | **Time** | **Format** |
| Decathlon110 M Hurdles | Men | 10:00 am | Finals |
| Heptathlon-Long Jump | Women | 10:00 am | 3 Jumps |
| Decathlon-Discus | Men | TBD | 3 Throws |
| Shot Put | Men | 11:00 am | Top 9 to Finals |
| Heptathlon-Javelin | Women | TBD | 3 Throws |
| 400 M Relay | Men | 11:30 am | Sections |
| 400 M Relay | Women | 11:45 am | Sections |
| Triple JumpDiscus | MenWomen | 12:00 pm12:00 pm | Top 9 to FinalsTop 9 to Finals |
| 3000 M Steeplechase | Men | 12:00 pm | Slower Section |
| 3000 M Steeplechase | Women | 12:15 pm | Slower Section |
| Decathlon- Pole Vault | Men | TBD |  |
| 1500 M | Men | 12:30 pm | Sections |
| 1500 M | Women | 12:45 | Sections |
| Heptathlon-800 M  | Women | TBA | Final |
| 110 M Hurdles100 M Hurdles400 M | MenWomenMen | 1:00 pm1:10 pm1:20 pm | FinalFinalFinal |
| 400 M | Women | 1:30 pm | Final |
| 100 M Dash | Men | 1:40 pm | Final |
| 100 M Dash | Women | 1:50 pm | Final |
| Discus | Men | 1:30 pm | Top 9 to Finals |
| 800 M 800 M Triple Jump  | MenWomenWomen | 2:00 pm2:15 pm2:15 pm | SectionsSectionsTop 9 to Finals |
| 400 M HurdlesDecathlon-Javelin | MenMen | 2:30 pmTBD | Final3 Throws |
| 400 M Hurdles | Women | 2:40 pm | Final |
| 200 M Dash | Men | 2:50 pm | Final |
| 200 M Dash | Women | 3:00 pm | Final |
| Shot Put | Women | 3:30 pm | Top 9 to Finals |
| 3000 M Steeplechase | Men | 3:10 pm | Fast Section |
| 3000M SteeplechaseDecathlon-1500M | WomenMen | 3:25 pmTBD | Fast SectionFinal |
| 3200 M Relay3200 M Relay | MenWomen | 3:40 pm4:00 pm | SectionsSections |
| 1600 M Relay  | Men | 4:25 pm | Sections |
| 1600 M Relay | Women | 4:45 pm | Sections |