

## Schedule of Events

2022 NCAA Division II Men's and Women's Outdoor Track & Field Championships  
May 26-28, Allendale, Michigan  
Hosted by Grand Valley State University and the West Michigan Sports Commission  
Grand Valley State Track and Field Stadium

**NOTE: All times listed are Eastern time**

### Thursday, May 26

*Events are prelims unless noted as finals*

Time	Event
10:30 a.m.	Decathlon (100 meters, long jump, shot put, high jump, 400 meters)
11:00 a.m.	Heptathlon (100 meter hurdles, high jump, shot put, 200 meters)
12:30 p.m.	Men's Hammer Throw (Finals)
2:00 p.m.	Men's Pole Vault (Finals)
2:30 p.m.	Men's Long Jump (Finals)
3:30 p.m.	Women's Hammer Throw (Finals)
4:40 p.m.	National Anthem
4:50 p.m.	Men's 4x100 Meter Relay
5:00 p.m.	Women's 4x100 Meter Relay
5:10 p.m.	Men's 1500 Meters
5:25 p.m.	Women's 1500 Meters
5:30 p.m.	Women's Long Jump (Finals)
5:40 p.m.	Men's 400 Meters
5:55 p.m.	Women's 400 Meters
6:10 p.m.	Men's 100 Meters
6:25 p.m.	Women's 100 Meters
6:40 p.m.	Men's 3000 Meter Steeplechase
7:10 p.m.	Women's 3000 Meter Steeplechase
7:40 p.m.	Men's 400 Meter Hurdles
7:55 p.m.	Women's 400 Meter Hurdles
8:10 p.m.	Men's 10,000 Meters (Finals)
8:50 p.m.	Women's 10,000 Meters (Finals)

### Friday, May 27

*Events are prelims unless noted as finals*

Time	Event
9:30 a.m.	Decathlon (110 meter hurdles, discus, pole vault, javelin throw, 1500 meters)
10:30 a.m.	Heptathlon (long jump, javelin throw, 800 meters)
2:00 p.m.	Men's Discus Throw (Finals)
3:30 p.m.	Men's High Jump (Finals)
4:45 p.m.	Women's Triple Jump (Finals)
5:00 p.m.	Women's Discus Throw (Finals)
5:20 p.m.	National Anthem
5:30 p.m.	Men's 200 Meters
5:45 p.m.	Women's 200 Meters
6:00 p.m.	Men's 800 Meters
6:15 p.m.	Women's 800 Meters
6:35 p.m.	Men's 100 Meter Hurdles
6:50 p.m.	Women's 110 Meter Hurdles
7:15 p.m.	Men's 3000 Meter Steeplechase (Finals)
7:30 p.m.	Women's 3000 Meter Steeplechase (Finals)
7:50 p.m.	Men's 4x400 Meter Relay
8:10 p.m.	Women's 4x400 Meter Relay

### Saturday, May 28

*All events are finals*

Time	Event
10:30 a.m.	Men's Javelin Throw
11:15 a.m.	Women's Shot Put
12:30 p.m.	Women's Pole Vault
12:45 p.m.	Men's Triple Jump
1:30 p.m.	Women's Javelin Throw
1:40 p.m.	National Anthem
2:00 p.m.	Men's 4x100 Meter Relay
2:05 p.m.	Women's High Jump
2:10 p.m.	Women's 4x100 Meter Relay
2:25 p.m.	Men's 1500 Meters
2:35 p.m.	Women's 1500 Meters
2:45 p.m.	Men's 100 Meter Hurdles
2:55 p.m.	Women's 110 Meter Hurdles
3:00 p.m.	Men's Shot Put
3:05 p.m.	Men's 400 Meters
3:15 p.m.	Women's 400 Meters
3:25 p.m.	Men's 100 Meters
3:35 p.m.	Women's 100 Meters
3:45 p.m.	Men's 800 Meters
3:55 p.m.	Women's 800 Meters
4:10 p.m.	Men's 400 Meter Hurdles
4:20 p.m.	Women's 400 Meter Hurdles
4:40 p.m.	Men's 200 Meters
4:50 p.m.	Women's 200 Meters
5:00 p.m.	Men's 5000 Meters
5:25 p.m.	Women's 5000 Meters
5:50 p.m.	Men's 4x400 Meter Relay
6:00 p.m.	Women's 4x400 Meter Relay
6:15 p.m.	Team Awards