

adidas OUTDOOR Nationals FINAL Schedule

Friday, June 20th Running Events

Facility Opens at 7:00am

- 9:00am - CHAMP Boys Shuttle Hurdle Relay
- 9:30am - CHAMP Girls Shuttle Hurdle Relay
- 10:00am - CHAMP Girls 100mH Heptathlon
- 10:15am - Middle school Girls 100mH Prelims
- 10:30am - Middle School Boys 100mH Prelims
- 10:45am - Freshmen Elite Girls 100mH Final
- 10:55am - National Elite Girls 100mH Prelims
- 11:25am - CHAMP Girls 100mH Prelims
- 11:35am - Freshmen Elite Boys 110mH Final
- 11:40am - National Elite Boys 110mH Prelims
- 12::30pm - CHAMP Boys 110mH Prelims
- 12:50pm - CHAMP Girls 4x800m Relay
- EST 1:00pm - Heptathlon 200m Dash
- 1:15pm - CHAMP Boys 4x800m Relay
- 1:35pm - Middle School Elite Girls 100m Dash Prelims
- 2:00pm - Middle School Elite Boys 100m Dash Prelims
- 2:45pm - Freshmen Elite Girls 100m Dash Prelims
- 3:00pm - National Elite Boys 100m Dash Prelims (ON BACKSTRETCH)**
- 3:05pm - Freshmen Elite Boys 100m Dash Prelims
- 3:55pm - National Elite Girls 100m Dash Prelims
- 4:30pm - CHAMP Girls 100m Dash Prelims
- 5:00pm - CHAMP Boys 100m Dash Prelims
- 5:45pm - CHAMP Girls 2K Steeplechase
- 6:00pm - CHAMP Boys 2K Steeplechase
- 6:15pm - CHAMP Girls Swedish Medley Relay
- 6:30pm - CHAMP Boys Swedish Medley Relay
- 6:45pm - Middle School Girls 2 Mile Run
- 7:00pm - Middle School Boys 2 Mile Run
- 7:15pm - Freshmen Elite Girls 2 Mile Run
- 7:30pm - Freshmen Elite Boys 2 Mile Run
- 7:50pm - CHAMP Mixed 4x400m Relay
- 8:00pm - CHAMP Girls 2 Mile Run
- 8:15pm - CHAMP Boys 2 Mile Run
- 8:30pm - National Elite Girls 2 Mile Run
- 8:45pm - National Elite Boys 2 Mile Run

Friday, June 20th Field Events

Friday Horizontal Runways

- 8:00am - Freshmen Girls Long Jump (Outer Pit)
- 8:00am - Freshmen Boys Long Jump (Inner Pit)
- 1:00pm - Middle School Girls Long Jump (Outer Pit)
- 2:00pm - Middle School Boys Long Jump (Inner Pit)
- 6:00pm - CHAMP Girls Long Jump (Outer Pit)
- 6:00pm - CHAMP Boys Long Jump (Inner Pit)

Friday Shot Put Ring

- 10:00am - Freshmen Elite Boys Shot Put
- 12:00pm - EST CHAMP Girls Heptathlon Shot Put
- 2:00pm - Middle School Boys Shot Put (Backup Ring)
- 3:00pm - Freshmen Elite Girls Shot Put

Friday Pole Vault Pits

- 10:00am - National Elite Girls Pole Vault (Unseeded Flight)
- 2:00pm - EST National Elite Girls Pole Vault (Seeded Flight)
- 6:00pm - CHAMP Girls Pole Vault

Friday High Jump Apron

- 11:10am - CHAMP Girls Heptathlon High Jump (100m side pit)
- 12:00pm - Middle School Girls High Jump (Clerking side pit)
- 3:00pm - Middle School Boys High Jump (100m side pit)

Friday Discus/Hammer Ring

- 9:00am - Middle School Boys Discus Throw
- 1:00pm - CHAMP Girls Hammer Throw
- 3:00pm - CHAMP Boys Hammer Throw

Friday Multis Schedule

- 10:30am - Girls Hep. 100m Hurdles
- EST. 11:10am - Girls HEP. High Jump
- EST. 12:00pm - Girls HEP. Shot Put
- EST. 1:30pm - Girls HEP. 200m Dash (*After hurdle prelims*)