


2013 NCAA Division III Track and Field Championship Schedule

Wednesday, May 22, 2013			
<i>Time</i>	<i>Event</i>	<i>Time</i>	<i>Event</i>
10:00	Practice (until 4:00)	3:30	Coaches Meeting (until 4:15)
1:00	Registration (until 3:00)	6:00	Banquet (doors open 5:30)
Thursday, May 23, 2013		Friday, May 24, 2013	
<i>Time</i>	<i>Event</i>	<i>Time</i>	<i>Event</i>
2:00	Heptathlon – 100 Meter Hurdles*	2:00	Decathlon – 110 Hurdles*
2:15	Women’s Discus	2:05	Men’s Hammer
2:30	Decathlon – 100 Meters*	2:15	Women’s High Jump
2:40	Women’s Pole Vault	3:00	Heptathlon – Long Jump*
3:00	Women’s Long Jump	5:00	Women’s Hammer
4:00	Women’s 4x100 Relay	5:05	Women’s 100 Hurdles
4:15	Men’s 4x100 Relay	5:25	Men’s 110 Hurdles
4:30	Women’s 1500 Meters	5:45	Men’s High Jump
4:45	Men’s 1500 Meters	5:50	Women’s 400 Meters
5:05	Women’s 400 Hurdles	6:10	Men’s 400 Meters
5:10	Men’s Discus	6:30	Women’s 100 Meters
5:25	Men’s 400 Hurdles	6:50	Men’s 100 Meters
5:45	Women’s 200 Meters	7:10	Women’s 800 Meters
6:00	Men’s Long Jump	7:25	Men’s 800 Meters
6:00	Men’s 200 Meters		
6:10	Men’s Pole Vault		
6:20	Women’s 10,000 Meters		
7:05	Men’s 10,000 Meters		
7:50	Women’s 3000 Steeplechase		
8:30	Men’s 3000 Steeplechase		
9:00	Women’s 4x400 Relay		
9:15	Men’s 4x400 Relay		
		 <p style="font-size: small; margin: 0;"> NCAA 2013 OUTDOOR TRACK & FIELD CHAMPIONSHIPS DIVISION III • LA CROSSE, WISCONSIN UNIVERSITY OF WISCONSIN, LA CROSSE, HOST </p>	
Saturday, May 25, 2013			
<i>Time</i>	<i>Event</i>	<i>Time</i>	<i>Event</i>
12:35	Men’s Triple Jump	4:00	Women’s 100 Meters
12:40	Men’s Javelin	4:05	Men’s Shot Put
1:00	Women’s Shot Put	4:10	Men’s 100 Meters
1:45	Women’s 3000 Steeplechase	4:20	Women’s 800 Meters
2:10	Men’s 3000 Steeplechase	4:30	Men’s 800 Meters
2:30	Women’s 4x100 Relay	4:45	Women’s 400 Hurdles
2:40	Men’s 4x100 Relay	4:55	Men’s 400 Hurdles
2:50	Women’s 1500 Meters	5:10	Women’s 200 Meters
3:00	Men’s 1500 Meters	5:20	Men’s 200 Meters
3:15	Women’s 100 Hurdles	5:30	Women’s 5000 Meters
3:20	Women’s Triple Jump	5:55	Men’s 5000 Meters
3:25	Men’s 110 Hurdles	6:20	Women’s 4x400 Meters
3:40	Women’s 400 Meters	6:30	Men’s 4x400 Meters
3:45	Women’s Javelin	6:45	Team Awards Presentation
3:50	Men’s 400 Meters		

* Heptathlon and decathlon events will be on a rolling time schedule with 30 minutes between events.