

2025 ACC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

COMPETITION SCHEDULE

Thursday, May 15th

Running Events		Field Events		Combined Events	
7:00 PM	Women's 400mH (Prelims)	11:00 AM	Men's Javelin	12:00 PM	Decathlon (100m, LJ, SP, HJ, 400m)
7:20 PM	Men's 400mH (Prelims)	2:00 PM	Men's Hammer	1:00 PM	Heptathlon (100mH, HJ, SP, 200m)
7:40 PM	Women's 200m (Prelims)	5:00 PM	Women's Hammer		
8:00 PM	Men's 200m (Prelims)	5:00 PM	Women's Pole Vault		
8:20 PM	Women's 1500m (Prelims)				
8:45 PM	Men's 1500m (Prelims)				
9:10 PM	Women's 10,000m (FINAL)				
9:50 PM	Men's 10,000m (FINAL)				

Friday, May 16th

Running Events		Field Events		Combined Events	
6:00 PM	Women's 100mH (Prelims)	3:00 PM	Women's Long Jump	11:00 AM	Decathlon (110mH, Discus, PV, Javelin, 1500m)
6:25 PM	Men's 110mH (Prelims)	4:00 PM	Men's Shot Put	12:30 PM	Heptathlon (LJ, Javelin, 800m)
6:40 PM	Women's 400m (Prelims)	5:30 PM	Men's Pole Vault		
6:55 PM	Men's 400m (Prelims)	6:00 PM	Men's Long Jump		
7:15 PM	Women's 100m (Prelims)	7:00 PM	Women's Shot Put		
7:30 PM	Men's 100m (Prelims)				
7:45 PM	Women's 800m (Prelims)				
8:00 PM	Men's 800m (Prelims)				
8:25 PM	Women's 3000m Steeplechase (FINAL)				
8:45 PM	Men's 3000m Steeplechase (FINAL)				

Saturday, May 17th

Running Events		Field Events	
5:30 PM	Women's 4x100m Relay (FINAL)	11:00 AM	Women's Javelin
5:40 PM	Men's 4x100m Relay (FINAL)	2:00 PM	Men's Discus
5:50 PM	Women's 1500m (FINAL)	2:00 PM	Women's High Jump
6:00 PM	Men's 1500m (FINAL)	2:30 PM	Women's Triple Jump
6:10 PM	Women's 110mH (FINAL)	5:00 PM	Men's High Jump
6:20 PM	Men's 100mH (FINAL)	5:00 PM	Women's Discus
6:30 PM	Women's 400m (FINAL)	5:30 PM	Men's Triple Jump
6:40 PM	Men's 400m (FINAL)		
6:50 PM	Women's 100m (FINAL)		
7:00 PM	Men's 100m (FINAL)		
7:10 PM	Women's 800m (FINAL)		
7:20 PM	Men's 800m (FINAL)		
7:30 PM	Women's 400mH (FINAL)		
7:40 PM	Men's 400mH (FINAL)		
7:50 PM	Women's 200m (FINAL)		
8:00 PM	Men's 200m (FINAL)		
8:10 PM	Women's 5000m (FINAL)		
8:30 PM	Men's 5000m (FINAL)		
8:45 PM	Women's 4x400m Relay (FINAL)		
8:55 PM	Men's 4x400m Relay (FINAL)		
TBD	Awards Ceremony		

