

**Metropolitan Conference Outdoor Championships**  
**@ Icahn Stadium**  
**April 8-9, 2022**

**Friday, April 8, 2022 - Field Events**

1:00pm Hammer (M) (Women to follow)  
1:00pm Pole Vault (W) (Men to follow)  
1:00pm Heptathlon Start 100 HH (Events to follow HJ, Shot Put, 200m)  
1:15pm Decathlon Start 100m (Events to follow LJ, Shot Put, HJ, 400m)  
1:30pm Javelin (W) (Men to follow)

**Friday, April 8, 2022 – Running Events**

1:00pm Heptathlon Start – 100 HH (W)  
1:15pm Decathlon Start – 100m (M)  
4:00pm 3000m Steeplechase (W)  
4:25pm 3000m Steeplechase (M)  
5:00pm 10,000m (W/M) combined

**Saturday, April 9, 2022 - Field Events**

10:30am Heptathlon Long Jump (Events to follow Javelin, 800m)  
11:30am Decathlon Discus  
12:00 Long Jump (M) Outside Pit (Triple Jump will follow - Outside Pit)  
12:00 Long Jump (W) Inside Pit (Triple Jump will follow - Inside Pit)  
12:00 Discus (Men followed by Women)  
12:00 Shot Put (Women followed by Men)  
12:00 High Jump (Women followed by Men)

**Saturday, April 9, 2022 - Running Events**

10:30am Decathlon 110m Hurdles  
11:00am 4 x 100m Relay (W)  
11:10am 4 x 100m Relay (M)  
11:20am 1500m (W)  
11:40am 1500m (M)  
12:00pm 110m Hurdles Trials (M)  
12:20 100m Hurdles Trials (W)  
12:30 100m Trials (W)  
12:50 100m Trials (M)  
1:15 400m (W)  
1:30 400m (M)  
1:45 100m Hurdles Finals (W)  
1:55 110m Hurdles Finals (M)  
2:00 100m Finals (W)  
2:10 100m Finals (M)  
2:15 800m (W)  
2:30 800m (M)  
2:45 400m Intermediate Hurdles (W)  
3:00 400m Intermediate Hurdles (M)  
3:15 200m (W)  
3:30 200m (M)  
3:50 5000m (W)  
4:15 5000m (M)  
4:40 4 x 800m Relay (W)  
4:55 4 x 800m Relay (M)  
5:10 4 x 400m Relay (W)  
5:20 4 x 400m Relay (M)