

SCHEDULE OF 2025 NJAC OUTDOOR CHAMPIONSHIP FIELD EVENTS AT TCNJ

Saturday, May 3

Noon	Men's Long Jump
Noon	Women's Long Jump
Noon	Women's Hammer followed by Men's Hammer
2:00 PM	Women's Javelin followed followed by Men's Javelin

Sunday, May 4

Noon	Women's Triple Jump
Noon	Men's Triple Jump
Noon	Men's Shot Put followed by Women's Shot Put
Noon	Women's Discus followed by Men's Discus
1:00 PM	Women's Pole Vault followed by Men's Pole Vault
2:00 PM	Women's High Jump followed by Men's High Jump

SCHEDULE OF 2025 NJAC OUTDOOR CHAMPIONSHIP TRACK EVENTS AT TCNJ

Saturday, May 3

10:45 AM	Women's 10,000 Meters (final)
11:45 AM	Men's 10,000 Meters (final)
2:30 PM	Women's 100 Hurdles (preliminary)
2:45 PM	Men's 110 Hurdles (preliminary)
3:00 PM	Women's 400 Meters (preliminary)
3:10 PM	Men's 400 Meters (preliminary)
3:20 PM	Women's 100 Meters (preliminary)
3:30 PM	Men's 100 Meters (preliminary)
3:45 PM	Women's 400 Hurdles (preliminary)
3:55 PM	Men's 400 Hurdles (preliminary)
4:10 PM	Women's 3,000 Steeplechase (final)
4:30 PM	Men's 3,000 Steeplechase (final)
4:50 PM	Women's 200 Meters (preliminary)
5:00 PM	Men's 200 Meters (preliminary)

Sunday, May 4

1:30 PM	Women's 4x100 Relay (final)
1:40 PM	Men's 4x100 Relay (final)
1:50 PM	Women's 1,500 Meters (final)
2:10 PM	Men's 1,500 Meters (final)
2:30 PM	Women's 100 Hurdles (final)
2:40 PM	Men's 110 Hurdles (final)
2:55 PM	Women's 400 Meters (final)
3:05 PM	Men's 400 Meters (final)
3:15 PM	Women's 100 Meters (final)
3:25 PM	Men's 100 Meters (final)
3:35 PM	Women's 800 Meters (final)
3:45 PM	Men's 800 Meters (final)
4:05 PM	Women's 400 Hurdles (final)
4:20 PM	Men's 400 Hurdles (final)
4:35 PM	Women's 200 Meters (final)
4:45 PM	Men's 200 Meters (final)
4:55 PM	Women's 5,000 Meters (final)
5:25 PM	Men's 5,000 Meters (final)
5:55 PM	Women's 4x400 Relay (final)
6:05 PM	Men's 4x400 Relay (final)

SCHEDULE OF 2025 NJAC OUTDOOR CHAMPIONSHIP MULTI-EVENTS AT TCNJ

Saturday, May 3

10:00 AM Decathlon 100 Meters
Followed by Decathlon Long Jump
Followed by Decathlon Shot Put
Followed by Decathlon High Jump
Followed by Decathlon 400 Meters

10:30 AM Heptathlon 100 Hurdles
Followed by Heptathlon High Jump
Followed by Heptathlon Shot Put
Followed by Heptathlon 200 Meters

Sunday, May 4

10:00 AM Decathlon 110 Hurdles
Followed by Decathlon Discus
Followed by Decathlon Pole Vault
Followed by Decathlon Javelin
Followed by Decathlon 1,500 Meters

10:30 AM Heptathlon Long Jump
Followed by Heptathlon Javelin
Followed by Heptathlon 800 Meters