

2025 NCAA Outdoor Time Schedule

The '25 NCAA Championships (Eugene, June 11–14) will once again be divided by sex, following the setup initiated in '15. Other than some dec/hept crossover, the meet will be men on Wednesday & Friday, women on Thursday & Saturday.

Prior to Eugene, the preliminaries (1 or 2 rounds of running, qualifying rounds in the field) will be held at the Regionals on May 11–14 (Jacksonville, Florida, for the East; College Station, Texas, for the West).

The Eugene timetable, with color-coded finals (blue = men; red = women):

Wednesday Men

12:00 Decathlon 100
 12:40 Decathlon Long Jump
1:30..... Hammer F
 1:55 Decathlon Shot
 3:10 Decathlon High Jump
 4:05 4 x 100 sf
 4:21 1500 sf
4:35..... Pole Vault F
 4:38 Steeple sf
 5:08 110 Hurdles sf
5:15..... Javelin F
 5:25 100 sf
5:40..... Long Jump F
 5:41 400 sf
 5:58 800 sf
6:10..... Shot F
 6:14 400 Hurdles sf
 6:29 200 sf
 6:43 Decathlon 400
6:56..... 10,000 F
 7:36 4 x 400 sf

Thursday Men

09:45 ... Decathlon 110 Hurdles
 10:35 Decathlon Discus
 11:45 Decathlon Pole Vault
 2:15 Decathlon Javelin
6:43..... Decathlon 1500

Friday Men

2:15..... Discus F
4:30..... High Jump F
5:02..... 4 x 100 F
5:10..... Triple Jump F
5:12..... 1500 F
5:24..... Steeple F
5:42..... 110 Hurdles F
5:52..... 100 F
6:02..... 400 F
6:14..... 800 F
6:27..... 400 Hurdles F
6:37..... 200 F
6:55..... 5000 F
7:21..... 4 x 400 F

Thursday Women

1:30..... Hammer F
 4:05 4 x 100 sf
 4:21 1500 sf
4:35..... Pole Vault F
 4:38 Steeple sf
 5:08 100 Hurdles sf
5:15..... Javelin F
 5:25 100 sf
5:40..... Long Jump F
 5:41 400 sf
 5:58 800 sf
6:10..... Shot F
 6:14 400 Hurdles sf
 6:29 200 sf
6:56..... 10,000 F
 7:36 4 x 400 sf

Friday Women

11:45 .. Heptathlon 100 Hurdles
 12:45 Heptathlon High Jump
 2:45 Heptathlon Shot
 6:43 Heptathlon 200

Saturday Women

12:30 Discus F
 3:30 Heptathlon Long Jump
 4:45 Heptathlon Javelin
5:30 High Jump F
6:02 4 x 100 F
6:10 Triple Jump F
6:11 1500 F
6:24 Steeple F
6:42 100 Hurdles F
6:50 100 F
7:02 400 F
7:14 800 F
7:27 400 Hurdles F
7:37 200 F
7:43 Heptathlon 800
7:55 5000 F
8:21 4 x 400 F

as of June 08

(always subject to change)