



**2019 Old Dominion Athletic Conference Outdoor Track & Field Championships**  
**Friday and Saturday, April 19-20, 2019**  
**Hosted by Randolph College, Lynchburg, VA**

**Saturday, April 20 – Day 2**

***Field Events***

<b><u>Time</u></b>	<b><u>Event</u></b>	
8:00am	Women's Javelin	Final *
9:00am	Women's Long Jump	Final
10:30am	Men's Discus	Final
	Women's Shot Put	Final
11:15am	Men's Long Jump	Final
12:30pm	Women's Discus	Final
	Men's Shot Put	Final
2:00pm	Women's Triple Jump	Final
2:30pm	Men's Hammer	Final
4:15pm	Men's Triple Jump	Final
4:30pm	Women's Hammer	Final

\* at the University of Lynchburg

***Track Events***

<b><u>Time</u></b>	<b><u>Event</u></b>	
10:15am	Men's 3K Steeple	Final
10:35am	Women's 3K Steeple	Final
2:00pm	Men's 4x100m	Final
2:10pm	Women's 4x100m	Final
2:20pm	Men's 1500m	Final
2:35pm	Women's 1500m	Final
2:55pm	Men's 110m Hurdle	Final
3:05pm	Women's 100m Hurdle	Final
3:15pm	Men's 400m	Final
3:30pm	Women's 400m	Final
3:45pm	Men's 100m	Final
4:00pm	Women's 100m	Final
4:15pm	Men's 800m	Final
4:25pm	Women's 800m	Final
4:45pm	Men's 400m Hurdle	Final
4:55pm	Women's 400m Hurdle	Final
5:05pm	Men's 200m	Final
5:20pm	Women's 200m	Final
5:35pm	Men's 5,000m	Final
5:55pm	Women's 5,000m	Final
6:25pm	Men's 4x400m	Final
6:35pm	Women's 4x400m	Final
7:00pm	Coaches Meeting	
7:20pm	Awards Ceremony	

