

2019 SEAAU District Championships - Knoxville

REVISED SCHEDULE AS OF 6-21-19

Time Event

Running Events

8:00 AM 3000m
8:40 AM 200m
9:30 AM 800m
10:15 AM 80m Hurdles
10:25 AM 100m Hurdles
10:35 AM 110m Hurdles
10:45 AM 400m
11:30 AM 4x800 Relay
12:00 PM 4x100m Relay
12:30 PM 400m Hurdles
12:40 PM 200m Hurdles
1:00 PM 100m
1:45 PM 1500m
2:30 PM 4x400m Relay

Field Events

8:00 AM Long Jump
 Javelin
9:30 AM Pole Vault
11:00 AM Discus
11:00 AM High Jump
12:00 PM Triple Jump
12:00 PM Shot Put