

**2005 MISSOURI VALLEY OUTDOOR TRACK & FIELD CHAMPIONSHIPS**  
**University of Northern Iowa**

**Day 1 Friday May 13, 2005**

Decathlon

11:30 100m  
 Long Jump  
 Shot Put  
 High Jump  
 400m

Heptathlon

10:30 100m Hurdles  
 High Jump  
 Shot Put  
 200m

Field Events

1:00	Hammer	women	trials & finals
3:30	Hammer	men	trials & finals
4:00	Javelin	men	trials & finals
5:30	Javelin	women	trials & finals

Running Events

7:00	10,000m	women	finals
7:45	10,000m	men	finals

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**Day 2 Saturday May 14, 2005**

Decathlon

10:00 110mHH  
 Discus  
 Pole Vault  
 Javelin  
 1500m

Heptathlon

9:00 Long Jump  
 Javelin  
 800m

Field Events

2:00	Long Jump	women	trials & finals
2:45	Discus	women	trials & finals
3:45	Pole Vault	women	trials & finals
3:45	Shot Put	men	trials & finals
4:30	Long Jump	men	trials & finals
6:15	High Jump	men	trials & finals

Running Events

3:30	100mH	women	prelims
3:45	110mHH	men	prelims
4:00	400m	women	prelims
4:15	400m	men	prelims
4:30	100m	women	prelims
4:40	100m	men	prelims
4:50	800m	women	prelims
5:05	800m	men	prelims
5:20	400mH	women	prelims
5:35	400mH	men	prelims
5:50	200m	women	prelims
6:00	200m	men	prelims
6:20	3000m SC	women	final
6:35	3000m SC	men	final

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Day 3 Sunday May 15, 2005

Field Events

11:00	High Jump	women	final
11:00	Discus	men	final
12:00	Triple Jump	women	final
2:00	Pole Vault	men	final
2:00	Shot Put	women	final
2:30	Triple Jump	men	final

Running Events

1:00	4x100 Relay	women	final
1:10	4x100 Relay	men	final
1:20	1500m	women	final
1:30	1500m	men	final
1:40	100mH	women	final
1:50	110mHH	men	final
2:00	400m	women	final
2:10	400m	men	final
2:20	100m	women	final
2:25	100m	men	final
2:35	800m	women	final
2:45	800m	men	final
2:55	400mH	women	final
3:05	400mH	men	final
3:20	200m	women	final
3:25	200m	men	final
3:30	5000m	women	final
3:50	5000m	men	final
4:10	4x400m Relay	women	final
4:20	4x400m Relay	men	final