

NEC Champs/ DAY 1 (5-1-2021) - 3 SESSIONS

8:00 am 10,000 Meters Final Men  
8:40 am 10,000 Meters Final Women

Men Session

9:30 am Long Jump Final Men  
9:30 am Hammer Final Men  
11:30 am High Jump Final Men  
12:00 pm Shot Final Men  
9:30 am 1,500 Meters Trial Men  
10:15 am 110 Hurdles Trial Men  
10:45 am 400 Meters Trial Men  
11:15 am 100 Meters Trial Men  
11:45 am 800 Meters Trial Men  
12:15 pm 400 Hurdles Trial Men  
12:45 pm 200 Meters Trial Men  
1:15 pm 4 x 800 Relay Final Men  
Men leave 2:00

Women Session

3:00 pm Hammer Final Women  
3:00 pm Long Jump Final Women  
5:00 pm High Jump Final Women  
5:30 pm Shot Final Women  
3:30 pm 1,500 Meters Trial Women  
4:15 pm 100 Hurdles Trial Women  
4:45 pm 400 Meters Trial Women  
5:15 pm 100 Meters Trial Women  
5:45 pm 800 Meters Trial Women  
6:15 pm 400 Hurdles Trial Women  
6:45 pm 200 Meters Trial Women  
7:05 pm 4 x 800 Relay Final Women



NEC Champs/ DAY 2 (5-2-2021) - 2 SESSIONS

Men Session

9:30 AM Discus Final Men  
9:30 AM Triple Jump Final Men  
10:30 AM Pole Vault Final Men  
11:00 AM Javelin Final Men  
9:30 AM Steeple Final Men  
9:50 AM 4 x 100 Relay Final Men  
10:10 AM 1,500 meters Final Men  
10:30 AM 110 Hurdles Final Men  
10:50 AM 400 Meters Final Men  
11:10 AM 100 meters Final Men  
11:30 AM 800 meters Final Men  
11:50 AM 400 Hurdles Final Men  
12:10 PM 200 Meters Final Men  
12:30 PM 5,000 Meters Final Men  
1:00 PM 4 x 400 Relay Final Men  
1:30 pm Closing (individual and team) awards ceremony  
2:00 PM Men Leave

Women Session

2:30 PM Discus Final Women  
2:30 PM Triple Jump Final Women  
3:30 PM Pole Vault Final Women  
4:00 PM Javelin Final Women  
2:30 PM Steeple Final Women  
2:50 PM 4 x 100 Relay Final Women  
3:10 PM 1,500 meters Final Women  
3:30 PM 100 Hurdles Final Women  
3:50 PM 400 Meters Final Women  
4:10 PM 100 meters Final Women  
4:30 PM 800 meters Final Women  
4:50 PM 400 Hurdles Final Women  
5:10 PM 200 Meters Final Women  
5:30 pm 5,000 Meters Final Women  
6:10 pm 4 x 400 Relay Final Women  
6:30 pm Closing (individual and team) awards ceremony  
7:00 pm Women leave