



## Emory Thrills in the Hills

March 26<sup>th</sup> - 28<sup>th</sup> 2026

### Heptathlon & Decathlon

<b>Thursday</b> 11:30 AM Men's Decathlon	100m – LJ – SP – HJ – 400m
<b>Thursday</b> 12:00 PM Women's Heptathlon	100mH – HJ – SP – 200m
<b>Friday</b> 9:00 AM Men's Decathlon	110mH – DT – PV – JT – 1500m
<b>Friday</b> 11:00 AM Women's Heptathlon	LJ – JT – 800m

### FRIDAY TRACK

4:30 PM W 400m Hurdles	6:40 PM M 3,000m Steeple
4:45 PM M 400m Hurdles	6:55 PM W 4x400m
5:00 PM W 200m	7:10 PM M 4x400m
5:25 PM M 200m	7:25 PM W 5,000m Open Sec 1
5:55 PM W 1500m Invite (2 Sections)	7:50 PM M 5,000m Open Sec 1
6:10 PM M 1500m Invite (2 Sections)	8:10 PM W 5,000m Invite Sec 2
6:25 PM W 3,000m Steeple	8:35 PM M 5,000m Invite Sec 2

### FRIDAY FIELD

2:00 PM Women's Hammer (Men to Follow)
2:30 PM Women's High Jump (Men to Follow)
2:30 PM Men's Javelin (Women to Follow)
2:30 PM Men's Triple Jump (Followed by Women)

### SATURDAY TRACK

9:10 AM W 10,000m	2:10 PM M 100m Semis (Top 21 Entries +3)
10:00 AM M 10,000m	2:20 PM W 400m
11:00 AM W 100m Prelims (top 3 adv.)	2:45 PM M 400m
11:15 AM M 100m Prelims (top 3 adv.)	3:15 PM W 800m
11:40 AM W 3000m	3:40 PM M 800m
11:55 PM M 3000m	4:10 PM W 100m Hurdle Finals
12:05 PM W 4x100m	4:15 PM M 110m Hurdle Finals
12:15 PM M 4x100m	4:20 PM W 100m Finals
12:25 PM W 1500m Open	4:25 PM M 100m Finals
12:45 PM M 1500m Open	4:30 PM W 4x800m
1:15 PM W 100m Hurdle Semis	4:40 PM M 4x800m
1:35 PM M 110m Hurdle Semis	4:50 PM W 4x200m
2:00 PM W 100m Semis (Top 21 Entries +3)	4:55 PM M 4x200m

### SATURDAY FIELD

9:00 AM Men's Pole Vault (Women to Follow)	12:00 PM Women's and Men's Long Jump
10:00 AM Men's Discus (Women to Follow)	
10:00 AM Women's Shot Put (Men to Follow)	
Go Eagles	

\*3/25/2026 7:30pm\*