

2023 National Masters Outdoor Championships - 7/19/2023 to 7/22/2023

Greensboro, NC

THURSDAY TRACK		
7:15 AM	W60-89 5000 m	Finals
7:15 AM	M80-89 5000 m	Finals
8:15 AM	M70-79 5000 m	Finals
8:55 AM	M60-69 5000 m	Finals
10:00 AM	W45-59 5000 m	Finals
10:30 AM	M55 5000 m	Finals
10:55 AM	M45-54 5000 m	Finals
11:20 AM	W25-44 5000 m	Finals
11:45 AM	M25-44 5000 m	Finals
12:30 PM	W65 400 m	Prelims
12:35 PM	W60 400 m	Prelims
12:41 PM	W55 400 m	Prelims
12:46 PM	W45 400 m	Prelims
12:53 PM	W40 400 m	Prelims
1:00 PM	W35 400 m	Prelims
1:05 PM	M85 400 m	Prelims
1:10 PM	M80 400 m	Prelims
1:15 PM	M75 400 m	Prelims
1:21 PM	M70 400 m	Prelims
1:30 PM	M65 400 m	Prelims
1:38 PM	M60 400 m	Prelims
1:50 PM	M55 400 m	Prelims
1:56 PM	M50 400 m	Prelims
2:04 PM	M45 400 m	Prelims
2:10 PM	M40 400 m	Prelims
2:17 PM	M35 400 m	Prelims
2:25 PM	M30 400 m	Prelims
2:30 PM	M25-29 400 m	Prelims
2:40 PM	W70 100 m	Prelims
2:45 PM	W65 100 m	Prelims
2:50 PM	W60 100 m	Prelims
2:57 PM	W55 100 m	Prelims
3:04 PM	W50 100 m	Prelims
3:10 PM	W45 100 m	Prelims
3:20 PM	W40 100 m	Prelims
3:25 PM	W35 100 m	Prelims
3:40 PM	M85 100 m	Prelims
3:46 PM	M80 100 m	Prelims
3:50 PM	M75 100 m	Prelims
4:00 PM	M70 100 m	Prelims
4:10 PM	M65 100 m	Prelims
4:20 PM	M60 100 m	Prelims
4:35 PM	M55 100 m	Prelims
4:45 PM	M50 100 m	Prelims
5:00 PM	M45 100 m	Prelims
5:10 PM	M40 100 m	Prelims
5:17 PM	M35 100 m	Prelims
5:25 PM	M30 100 m	Prelims
5:35 PM	M25-29 100 m	Prelims
6:00 PM	4 X 800m Relays	Finals

THURSDAY FIELD		
7:15 AM	W75-94 Hammer Throw	Finals
8:00 AM	M25-44 Shot Put	Finals
8:30 AM	W60 Hammer Throw	Finals
9:15 AM	M45 Shot Put	Finals
10:15 AM	M50 Shot Put	Finals
11:45 AM	M55 Shot Put	Finals
12:45 PM	M65 Shot Put	Finals
2:00 PM	M60 Shot Put	Finals
2:00 PM	M70 Shot Put	Finals
3:00 PM	M75 Shot Put	Finals
3:45 PM	M80-99 Shot Put	Finals
4:15 PM	W65-74 Hammer Throw	Finals
5:45 PM	W25-59 Hammer Throw	Finals

THURSDAY PENTATHLON		
8:00 AM	W60-89	Finals
8:00 AM	M80-89	Finals
8:00 AM	M70-79	Finals
9:00 AM	M60-69	Finals
9:45 AM	W30-59	Finals
10:15 AM	M50-59	Finals
12:00 PM	M25-49	Finals

FRIDAY TRACK		
8:00 AM	W70-89 5000 Race Walk	Finals
8:00 AM	M75-89 5000 Race Walk	Finals
8:50 AM	M65-74 5000 Race Walk	Finals
9:40 AM	W35-69 5000 Race Walk	Finals
10:30 AM	M30-64 5000 Race Walk	Finals
11:10 AM	W85-94 100 m	Finals
11:13 AM	W80 100 m	Finals
11:16 AM	W75 100 m	Finals
11:19 AM	W70 100 m	Finals
11:23 AM	W65 100 m	Finals
11:26 AM	W60 100 m	Finals
11:30 AM	W55 100 m	Finals
11:33 AM	W50 100 m	Finals
11:36 AM	W45 100 m	Finals
11:40 AM	W40 100 m	Finals
11:43 AM	W35 100 m	Finals
11:46 AM	W30 100 m	Finals
11:50 AM	W25-29 100 m	Finals
11:53 AM	M90-99 100 m	Finals
11:58 AM	M85 100 m	Finals
12:02 PM	M80 100 m	Finals
12:05 PM	M75 100 m	Finals
12:08 PM	M70 100 m	Finals
12:11 PM	M65 100 m	Finals
12:15 PM	M60 100 m	Finals
12:18 PM	M55 100 m	Finals
12:21 PM	M50 100 m	Finals
12:25 PM	M45 100 m	Finals
12:29 PM	M40 100 m	Finals
12:33 PM	M35 100 m	Finals
12:37 PM	M30 100 m	Finals
12:41 PM	M25-29 100 m	Finals
12:55 PM	M70 80 Short Hurdles	Prelims
1:10 PM	M65 100 Short Hurdles	Prelims
1:18 PM	M60 100 Short Hurdles	Prelims
1:25 PM	M55 100 Short Hurdles	Prelims
1:30 PM	M50 100 Short Hurdles	Prelims
1:40 PM	W70-89 80 Short Hurdles	Finals
1:44 PM	M80-89 80 Short Hurdles	Finals
1:48 PM	W60-69 80 Short Hurdles	Finals
1:58 PM	W55 80 Short Hurdles	Finals
2:02 PM	W50 80 Short Hurdles	Finals
2:06 PM	M75 80 Short Hurdles	Finals
2:10 PM	M70 80 Short Hurdles	Finals
2:20 PM	W45 80 Short Hurdles	Finals
2:24 PM	W40 80 Short Hurdles	Finals
2:34 PM	M65 100 Short Hurdles	Finals
2:38 PM	M60 100 Short Hurdles	Finals
2:48 PM	W35 100 Short Hurdles	Finals
2:52 PM	W25-34 100 Short Hurdles	Finals
3:02 PM	M55 100 Short Hurdles	Finals
3:06 PM	M50 100 Short Hurdles	Finals
3:16 PM	M45 110 Short Hurdles	Finals
3:20 PM	M40 110 Short Hurdles	Finals
3:24 PM	M35 110 Short Hurdles	Finals
3:28 PM	M25-34 110 Short Hurdles	Finals
3:40 PM	W80-94 400 m	Finals
3:45 PM	W75 400 m	Finals
3:49 PM	W70 400 m	Finals

FRIDAY FIELD		
8:00 AM	W65-94 Long Jump	Finals
8:00 AM	M70 Triple Jump	Finals
8:00 AM	M75-89 High Jump	Finals
8:00 AM	M25-44 Javelin Throw	Finals
8:00 AM	M80-94 Hammer Throw	Finals
8:00 AM	W50-59 Shot Put	Finals
9:30 AM	M65 Triple Jump	Finals
9:30 AM	M50-59 Pole Vault	Finals
9:30 AM	M65 Hammer Throw	Finals
9:45 AM	W55-64 Long Jump	Finals
9:45 AM	M45 Javelin Throw	Finals
9:45 AM	W45 Shot Put	Finals
10:45 AM	M50 Javelin Throw	Finals
10:45 AM	W25-44 Shot Put	Finals
11:00 AM	M60 Triple Jump	Finals
11:00 AM	M70 High Jump	Finals
11:00 AM	M60 Hammer Throw	Finals
11:30 AM	W45-54 Long Jump	Finals
12:00 PM	M25-49 Pole Vault	Finals
12:15 PM	W60 Shot Put	Finals
12:30 PM	M55 Javelin Throw	Finals
12:30 PM	M70-79 Hammer Throw	Finals
12:45 PM	M80-89 Triple Jump	Finals
12:45 PM	M65 High Jump	Finals
1:30 PM	W40 Long Jump	Finals
1:45 PM	W65-74 Shot Put	Finals
2:15 PM	M75 Triple Jump	Finals
2:15 PM	M60 High Jump	Finals
2:15 PM	M65 Javelin Throw	Finals
2:15 PM	M25-49 Hammer Throw	Finals
2:30 PM	W25-39 Long Jump	Finals
3:30 PM	M50-59 Hammer Throw	Finals
3:30 PM	W75-94 Shot Put	Finals
4:00 PM	M60 Javelin Throw	Finals

FRIDAY TRACK (continued)		
3:53 PM	W65 400 m	Finals
3:57 PM	W60 400 m	Finals
4:00 PM	W55 400 m	Finals
4:03 PM	W50 400 m	Finals
4:07 PM	W45 400 m	Finals
4:10 PM	W40 400 m	Finals
4:13 PM	W35 400 m	Finals
4:18 PM	W30 400 m	Finals
4:21 PM	W25-29 400 m	Finals
4:25 PM	M90-104 400 m	Finals
4:30 PM	M85 400 m	Finals
4:35 PM	M80 400 m	Finals
4:38 PM	M75 400 m	Finals
4:41 PM	M70 400 m	Finals
4:44 PM	M65 400 m	Finals
4:47 PM	M60 400 m	Finals
4:50 PM	M55 400 m	Finals
4:53 PM	M50 400 m	Finals
4:57 PM	M45 400 m	Finals
5:00 PM	M40 400 m	Finals
5:04 PM	M35 400 m	Finals
5:08 PM	M30 400 m	Finals
5:12 PM	M25-29 400 m	Finals
5:30 PM	Shuttle Hurdles Relays	Finals

SATURDAY TRACK		
7:00 AM	M70-89 10000 m	Finals
7:00 AM	W65-89 10000 m	Finals
8:15 AM	W45-64 10000 m	Finals
9:15 AM	M60-69 10000 m	Finals
9:15 AM	W30-44 10000 m	Finals
10:00 AM	M25-59 10000 m	Finals
10:50 AM	W70-89 2000 Steeplechase	Finals
11:10 AM	W54-69 2000 Steeplechase	Finals
11:30 AM	W25-54 2000 Steeplechase	Finals
11:45 AM	M70-94 2000 Steeplechase	Finals
12:00 PM	M60-69 2000 Steeplechase	Finals
12:20 PM	M50-59 3000 Steeplechase	Finals
12:35 PM	M25-49 3000 Steeplechase	Finals
1:00 PM	W70 200 m	Prelims
1:05 PM	W65 200 m	Prelims
1:11 PM	W60 200 m	Prelims
1:18 PM	W55 200 m	Prelims
1:25 PM	W50 200 m	Prelims
1:30 PM	W45 200 m	Prelims
1:40 PM	W40 200 m	Prelims
1:45 PM	W35 200 m	Prelims
1:50 PM	M85 200 m	Prelims
1:56 PM	M80 200 m	Prelims
2:02 PM	M75 200 m	Prelims
2:08 PM	M70 200 m	Prelims
2:18 PM	M65 200 m	Prelims
2:28 PM	M60 200 m	Prelims
2:43 PM	M55 200 m	Prelims
2:53 PM	M50 200 m	Prelims
3:05 PM	M45 200 m	Prelims
3:15 PM	M40 200 m	Prelims
3:21 PM	M35 200 m	Prelims
3:27 PM	M30 200 m	Prelims
3:25 PM	M25-29 200 m	Prelims
3:35 PM	W75-94 800 m	Finals
3:45 PM	W70 800 m	Finals
3:52 PM	W65 800 m	Finals
4:00 PM	W60 800 m	Finals
4:07 PM	W55 800 m	Finals
4:15 PM	W50 800 m	Finals
4:26 PM	W45 800 m	Finals
4:33 PM	W40 800 m	Finals
4:40 PM	W35 800 m	Finals
4:45 PM	W25-34 800 m	Finals
4:50 PM	M85-104 800 m	Finals
5:00 PM	M80 800 m	Finals
5:08 PM	M75 800 m	Finals
5:15 PM	M70 800 m	Finals
5:27 PM	M65 800 m	Finals
5:37 PM	M60 800 m	Finals
5:48 PM	M55 800 m	Finals
5:56 PM	M50 800 m	Finals
6:02 PM	M45 800 m	Finals
6:10 PM	M40 800 m	Finals
6:17 PM	M35 800 m	Finals
6:21 PM	M30 800 m	Finals
6:25 PM	M25-29 800 m	Finals
6:35 PM	4 X100M RELAYS	Finals

SATURDAY FIELD		
7:30 AM	W75-94 Javelin Throw	Finals
7:30 AM	M75 Discus Throw	Finals
8:00 AM	M50 Long Jump	Finals
8:00 AM	W65-74 Weight Throw	Finals
8:15 AM	W50-64 High Jump	Finals
8:50 AM	M70 Discus Throw	Finals
9:00 AM	W65-94 Triple Jump	Finals
9:00 AM	M80-99 Javelin Throw	Finals
9:30 AM	M70-79 Pole Vault	Finals
9:30 AM	W60 Weight Throw	Finals
9:45 AM	M55 Long Jump	Finals
10:00 AM	M65 Discus Throw	Finals
10:15 AM	W70 Javelin Throw	Finals
10:30 AM	W25-49 High Jump	Finals
10:45 AM	W50-64 Triple Jump	Finals
11:00 AM	M45 Long Jump	Finals
11:00 AM	W75-94 Weight Throw	Finals
11:15 AM	M60 Discus Throw	Finals
11:30 AM	W65 Javelin Throw	Finals
12:00 PM	M60-69 Pole Vault	Finals
12:30 PM	M35-44 Long Jump	Finals
12:30 PM	W50-59 Weight Throw	Finals
12:35 PM	M55 Discus Throw	Finals
1:00 PM	W25-49 Triple Jump	Finals
1:00 PM	W65-89 High Jump	Finals
1:00 PM	W60 Javelin Throw	Finals
2:05 PM	M50 Discus Throw	Finals
2:15 PM	W25-49 Weight Throw	Finals
2:30 PM	M25-34 Long Jump	Finals
2:45 PM	W50-59 Javelin Throw	Finals
3:30 PM	M40-49 Discus Throw	Finals
4:30 PM	W25-49 Javelin Throw	Finals
5:00 PM	M25-39 Discus Throw	Finals

SUNDAY ROAD		
6:30 AM	M/W 10k Road Race Walk	Finals
SUNDAY TRACK		
7:45 AM	W70-99 1500 m	Finals
8:00 AM	W65 1500 m	Finals
8:14 AM	W60 1500 m	Finals
8:24 AM	W50-59 1500 m	Finals
8:33 AM	W45 1500 m	Finals
8:40 AM	W40 1500 m	Finals
8:48 AM	W25-39 1500 m	Finals
8:55 AM	M75-104 1500 m	Finals
9:10 AM	M70 1500 m	Finals
9:20 AM	M65 1500 m	Finals
9:30 AM	M60 1500 m	Finals
9:45 AM	M55 1500 m	Finals
9:54 AM	M50 1500 m	Finals
10:02 AM	M45 1500 m	Finals
10:10 AM	M40 1500 m	Finals
10:18 AM	M25-39 1500 m	Finals
10:30 AM	W75-89 200 Long Hurdles	Finals
10:34 AM	W70 200 Long Hurdles	Finals
10:38 AM	M80-89 200 Long Hurdles	Finals
10:48 AM	M75 300 Long Hurdles	Finals
10:52 AM	M70 300 Long Hurdles	Finals
10:56 AM	W60-69 300 Long Hurdles	Finals
11:05 AM	M65 300 Long Hurdles	Finals
11:13 AM	M60 300 Long Hurdles	Finals
11:20 AM	W55 300 Long Hurdles	Finals
11:23 AM	W50 300 Long Hurdles	Finals
11:30 AM	W45 400 Long Hurdles	Finals
11:34 AM	W40 400 Long Hurdles	Finals
11:38 AM	W35 400 Long Hurdles	Finals
11:42 AM	W25-34 400 Long Hurdles	Finals
11:52 AM	M55 400 Long Hurdles	Finals
12:00 PM	M50 400 Long Hurdles	Finals
12:10 PM	M45 400 Long Hurdles	Finals
12:15 PM	M40 400 Long Hurdles	Finals
12:20 PM	M35 400 Long Hurdles	Finals
12:25 PM	M25-34 400 Long Hurdles	Finals
12:35 PM	W85-94 200 m	Finals
12:40 PM	W80 200 m	Finals
12:44 PM	W75 200 m	Finals
12:48 PM	W70 200 m	Finals
12:52 PM	W65 200 m	Finals
12:56 PM	W60 200 m	Finals
1:00 PM	W55 200 m	Finals
1:04 PM	W50 200 m	Finals
1:08 PM	W45 200 m	Finals
1:12 PM	W40 200 m	Finals
1:16 PM	W35 200 m	Finals
1:20 PM	W30 200 m	Finals
1:24 PM	W25-29 200 m	Finals

SUNDAY FIELD		
7:30 AM	W75-94 Discus Throw	Finals
8:00 AM	M80-89 Long Jump	Finals
8:00 AM	M40-49 Triple Jump	Finals
8:00 AM	M25-49 Weight Throw	Finals
8:30 AM	M50-59 High Jump	Finals
8:45 AM	M50-59 Weight Throw	Finals
9:00 AM	W25-59 Pole Vault	Finals
9:00 AM	W65-74 Discus Throw	Finals
9:30 AM	M70 Long Jump	Finals
9:30 AM	M25-39 Triple Jump	Finals
9:30 AM	M75 Javelin Throw	Finals
10:15 AM	M60 Weight Throw	Finals
10:45 AM	W60 Discus Throw	Finals
11:00 AM	M60 Long Jump	Finals
11:15 AM	M70 Javelin Throw	Finals
11:45 AM	M50-59 Triple Jump	Finals
11:45 AM	M80-89 Pole Vault	Finals
11:45 AM	W60-89 Pole Vault	Finals
11:45 AM	M25-49 High Jump	Finals
11:45 AM	M65 Weight Throw	Finals
12:00 PM	W50-59 Discus Throw	Finals
12:30 PM	M75 Long Jump	Finals
12:30 PM	M80-94 Weight Throw	Finals
1:30 PM	W25-49 Discus Throw	Finals
1:45 PM	M65 Long Jump	Finals
2:00 PM	M70-79 Weight Throw	Finals
3:15 PM	M80-99 Discus Throw	Finals

SUNDAY TRACK (continued)		
1:28 PM	M90-99 200 m	Finals
1:34 PM	M85 200 m	Finals
1:38 PM	M80 200 m	Finals
1:42 PM	M75 200 m	Finals
1:46 PM	M70 200 m	Finals
1:50 PM	M65 200 m	Finals
1:54 PM	M60 200 m	Finals
1:58 PM	M55 200 m	Finals
2:02 PM	M50 200 m	Finals
2:06 PM	M45 200 m	Finals
2:10 PM	M40 200 m	Finals
2:14 PM	M35 200 m	Finals
2:19 PM	M30 200 m	Finals
2:23 PM	M25-29 200 m	Finals
2:35 PM	4 400M RELAYS	Finals