



Men's & Women's Indoor Track & Field Championships
Sports Guide and Meet Information

Updated 2/27/20 9:57 AM

Friday, Feb 28

Running Events

11:00 a.m.	Heptathlon 60 Meters (Men)
11:15 a.m.	Pentathlon 60 Meter Hurdles (Women)
3:40 p.m.	5,000 Meters (Women section I)
4:05 p.m.	5,000 Meters (Men section I)
4:30 p.m.	5,000 Meters (Women section II)
4:55 p.m.	5,000 Meters (Men section II)
5:15 p.m.	Distance Medley Relay (Women)
5:30 p.m.	Distance Medley Relay (Men)

Friday, Feb 28

Field Events

12:30 p.m.	Pole Vault (Women)
12:45 p.m.	Long Jump (Men) Inside Pit
1:45 p.m.	20# Weight Throw
3:00 p.m.	Pole Vault (Men)
	Minimum 30 minutes after women's PV
3:15 p.m.	Long Jump (Women) Outside Pit
4:00 p.m.	35# Weight Throw

Pentathlon Events: 60 Hurdles, High Jump, Shot Put, Long Jump (Outside Pit), 800 Meters

Heptathlon Events (Friday): 60 Meters, Long Jump (Inside Pit), Shot Put, High Jump

Saturday, Feb 29 *Running Events*

11:00 a.m.	Heptathlon 60 Meter Hurdles (Men)
12:00 p.m.	60 Meter Hurdle Semifinal (W-M)
12:25 p.m.	60 Meter Dash Semifinal (W-M)
12:50 p.m.	Mile Run (W-M)
1:40 p.m.	60 Meter Hurdle Final (W-M)
1:55 p.m.	400 Meters (W-M)
2:40 p.m.	60 Meter Dash Finals (W-M)
2:50 p.m.	800 Meters (W-M)
3:25 p.m.	200 Meters (W-M)
4:20 p.m.	3000 Meters (Women section I)
4:35 p.m.	3000 Meters (Women section II)
4:50 p.m.	3000 Meter Run (Men section I)
5:05 p.m.	3000 Meter Run (Men section II)
5:20 p.m.	4 x 400 Meter Relay (W-M)
5:55 p.m.	Awards Presentation

Saturday, Feb 29 *Field Events*

11:00 a.m.	Shot (Men)
12:00 p.m.	High Jump (Women)
12:00 p.m.	Triple Jump (Men)
2:30 p.m.	High Jump (Men)
2:30 p.m.	Triple Jump (Women)
2:00 p.m.	Shot (Women) Minimum 25 minutes after men's shot

Heptathlon Events (Saturday): 60 Hurdles, Pole Vault, 1000 Meters