



Men's & Women's Indoor Track & Field Championships

Meet Schedule

Friday, February 25 *Running Events*

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

Friday, February 25 *Field Events*

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

Pentathlon Events: 55 Hurdles, High Jump, Shot Put, Long Jump, 800 Meters

Heptathlon Events (Friday): 55 Meters, Long Jump, Shot Put, High Jump

Saturday, February 26 *Running Events*

10:45 a.m.	55 Meter Hurdles – Qualifying Round
11:00 a.m.	Heptathlon 55 Meter Hurdles (Men)
11:15 a.m.	55 Meters – Qualifying Round
12:00 p.m.	55 Meter Hurdle Semifinal (W-M)
12:25 p.m.	55 Meter Dash Semifinal (W-M)
12:50 p.m.	Mile Run (W-M)
1:45 p.m.	55 Meter Hurdle Final (W-M)
2:00 p.m.	400 Meters (W-M)
2:45 p.m.	55 Meter Dash Finals (W-M)
2:55 p.m.	800 Meters (W-M)
3:35 p.m.	200 Meters (W-M)
4:20 p.m.	3000 Meters (Women slow if necessary)
4:35 p.m.	3000 Meters (Women fast)
4:50 p.m.	3000 Meter Run (Men slow if necessary)
5:05 p.m.	3000 Meter Run (Men's fast)
5:20 p.m.	4 x 400 Meter Relay (W-M)
5:55 p.m.	Awards Presentation

Saturday, February 26 *Field Events*

12:00 p.m.	High Jump (Women)
12:00 p.m.	Triple Jump (Men)
12:00 p.m.	Shot (Men)
2:30 p.m.	High Jump (Men)
2:30 p.m.	Triple Jump (Women)
2:30 p.m.	Shot (Women)

Heptathlon Events (Saturday): 55 Hurdles, Pole Vault, 1000 Meters