

# NSIC Championships February 28-29, 2020

## Friday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
9:30 am	Heptathlon 60m	Final
<i>*10:15am</i>	<i>Heptathlon Long Jump</i>	
<i>*11:30 am</i>	<i>Heptathlon Shot Put</i>	
<i>*12:45 pm</i>	<i>Heptathlon High Jump</i>	
<b>11:55 am</b>	<b>National Anthem &amp; NSIC Creed</b>	
12:00 pm	Pole Vault (W)	Prelim/Final
12:00 pm	Long Jump (W)	Prelim/Final
1:00 pm	Weight Throw (W)	Prelim/Final
2:30 pm	Long Jump (M)	Prelim/Final
3:00 pm	Pole Vault (M)	Prelim/Final
3:30 pm	Weight Throw (M)	Prelim/Final
3:30 pm	High Jump (W)	Prelim/Final

  

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
1:00 pm	DMR (W)	Final
1:15 pm	DMR (M)	Final
1:30 pm	60 Meter Hurdles (W)	Prelim
1:45 pm	60 Meter Hurdles (M)	Prelim
2:00 pm	400 Meters (W)	Prelim
2:15 pm	400 Meters (M)	Prelim
2:30 pm	600 Meters (W)	Prelim
2:45 pm	600 Meters (M)	Prelim
3:00 pm	60 Meters (W)	Prelim
3:15 pm	60 Meters (M)	Prelim
3:30 pm	800 Meters (W)	Prelim
3:45 pm	800 Meters (M)	Prelim
4:00 pm	1000 Meters (W)	Prelim
4:15 pm	1000 Meters (M)	Prelim
4:30 pm	200 Meters (W)	Prelim
4:45 pm	200 Meters (M)	Prelim
5:00 pm	5000 Meters (W)	Final (1 Section)**
5:20 pm	5000 Meters (M)	Final (1 Section)

\*Heptathlon times are approximate after first event.

Men's Pole Vault first to allow multi's men to compete in open vault.

\*\*Schedule should be moved later 15 minutes per section of 5000 Meters that would be added due to field size.

## Saturday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
<b>8:50 am</b>	<b>National Anthem &amp; NSIC Creed</b>	
9:00 am	Pentathlon 60mH	Final
<i>*9:45 pm</i>	<i>Pentathlon High Jump</i>	
<i>*12:00 pm</i>	<i>Pentathlon Shot Put</i>	
<i>*1:15 pm</i>	<i>Pentathlon Long Jump</i>	
9:45 am	Heptathlon 60mH	Final
<i>*11:00 am</i>	<i>Heptathlon Vault</i>	
9:30 am	Triple Jump (M)	Prelim/Final
<b>12:55 am</b>	<b>National Anthem &amp; NSIC Creed</b>	
1:00 pm	Shot Put (W)	Prelim/Final
1:00 pm	High Jump (M)	Final
2:30 pm	Triple Jump (W)	Prelim/Final
3:30 pm	Shot Put (M)	Prelim/Final

  

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
1:30 pm	Mile (W)	Final
1:45 pm	Mile (M)	Final
2:00 pm	60 Meter Hurdles (W)	Final
2:10 pm	60 Meter Hurdles (M)	Final
2:20 pm	<i>Heptathlon 1000m</i>	
2:30 pm	<i>Pentathlon 800m</i>	
2:40 pm	400 Meters (W)	Final
2:50 pm	400 Meters (M)	Final
3:00 pm	600 Meters (W)	Final
3:10 pm	600 Meters (M)	Final
3:20 pm	60 Meters (W)	Final
3:30 pm	60 Meters (M)	Final
3:40 pm	800 Meters (W)	Final
3:50 pm	800 Meters (M)	Final
4:00 pm	1000 Meters (W)	Final
4:10 pm	1000 Meters (M)	Final
4:20 pm	200 Meters (W)	Final
4:30 pm	200 Meters (M)	Final
4:40 pm	3000 Meters (W)	Final
4:55 pm	3000 Meters (M)	Final
5:15 pm	4x400 Meter Relay (W)	Final (2 Sections)**
5:35 pm	4x400 Meter Relay (M)	Final (2 Sections)
<b>6:00 pm</b>	<b>Awards Ceremony</b>	

\*Heptathlon & Pentathlon times are approximate after first event.

\*\*4X400 should be moved later 15 minutes per section of 3000 Meters that would be added due to field size.