



**INDOOR TRACK
AND FIELD
CHAMPIONSHIPS**

**2025 BIG TEN INDOOR TRACK & FIELD CHAMPIONSHIPS
SCHEDULE OF EVENTS**

First Day

10:10 am	National Anthem
10:20	W1 Pentathlon 60m Hurdles (women)
10:50	M1 Heptathlon 60m (men)
11:30	W2 Pentathlon High Jump (women)
11:30	Men's Pole Vault (trials & finals)
11:45	M2 Heptathlon Long Jump (men)
12:00 pm	Men's Mile Run (trials)
12:25	Women's Mile Run (trials)
12:55	Men's 400m (trials)
1:05	M3 Heptathlon Shot Put (men)
1:25	Women's 400m (trials)
2:00	Men's Long Jump (trials & finals)
2:00	W3 Pentathlon Shot Put (women)
2:05	Men's 60m (trials)
2:30	Women's 60m (trials)
2:55	Men's 800m (trials)
3:20	Women's 800m (trials)
3:45	Men's 60m Hurdles (trials)
3:45	Men's Weight Throw (trials & finals)
4:00	Women's Pole Vault (trials & finals)
4:10	Women's 60m Hurdles (trials)
4:15	W4 Pentathlon Long Jump (women)
4:40	Men's 600m (trials)
4:55	M4 Heptathlon High Jump (men)
5:15	Women's 600m (trials)
5:50	Men's 200m (trials)
6:00	Women's Long Jump (trials & finals)
6:20	Women's 200m (trials)
6:50	W5 Pentathlon 800m (women)
7:05	Men's 5,000m (finals – 2 sections)
7:25	Women's Weight Throw (trials & finals)
7:40	Women's 5,000m (finals – 2 sections)
8:20	Men's Distance Medley Relay (finals)
8:45	Women's Distance Medley Relay (finals)



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Second Day

10:15 am	National Anthem
10:20	M5 Heptathlon 60m Hurdles (men)
11:10	Men's High Jump (trials & finals)
11:10	Women's High Jump (trials & finals)
11:30	Men's Triple Jump (trials & finals)
12:00 pm	M6 Heptathlon Pole Vault (men)
12:00	Men's Shot Put (trials & finals)
1:20	Men's Mile Run (finals)
1:30	Women's Mile Run (finals)
1:40	Men's 400m (finals)
1:50	Women's 400m (finals)
2:00	Men's 60m (finals)
2:10	Women's 60m (finals)
2:20	Men's 800m (finals)
2:30	Women's 800m (finals)
2:40	M7 Heptathlon 1,000m (men)
2:50	Men's 60m Hurdles (finals)
3:00	Women's 60m Hurdles (finals)
3:00	Women's Triple Jump (trials & finals)
3:00	Women's Shot Put (trials & finals)
3:10	Men's 600m (finals – 2 sections)
3:20	Women's 600m (finals – 2 sections)
3:30	Men's 200m (finals)
3:40	Women's 200m (finals)
4:10	Men's 3,000m (finals – 2 sections)
4:35	Women's 3,000m (finals – 2 sections)
5:05	Men's 4x400m Relay (finals – 2 sections)
5:30	Women's 4x400m Relay (finals – 2 sections)
6:00	AWARDS PRESENTATION