



TRACK AND FIELD

2024 Indoor Preview | FINAL SCHEDULE (update 1.11.24)

Saturday January 13, 2024

SATURDAY FIELD EVENTS

Start	Event
9:00 a.m.	Women's Weight Throw
10:00 a.m.	Women's Triple Jump
10:00 a.m.	Men's Triple Jump
10:00 a.m.	Women's High Jump (B section)
10:00 a.m.	Men's Pole Vault
11:00 a.m.	Men's Weight Throw
12:00 p.m.	Women's High Jump (A section)
1:00 p.m.	Women's Long Jump
1:00 p.m.	Women's Shot Put
1:00 p.m.	Men's Shot Put
1:00 p.m.	Men's Long Jump
~1:30 p.m.	Women's Pole Vault
2:15 p.m.	Men's High Jump

SATURDAY RUNNING EVENTS

8:40 a.m.	Women's 3000 Meters (Heat 1-slowest heat)
8:55 a.m.	Men's 3000 Meters (Heats 1 and 2-slowest heats)
9:25 a.m.	Mixed Master's 60m Dash
9:40 a.m.	Women's 60m Hurdles, Prelim (top 8 times advance to a 2 heat final)
9:55 a.m.	Men's 60m Hurdles, Prelim (top 8 times advance to a 2 heat final)
10:10 a.m.	Women's 60 Meters, Prelim
10:30 a.m.	Men's 60 Meters Prelim
10:50 a.m.	Women's Mile
11:20 a.m.	Men's Mile
12:00 p.m.	Women's 60m Hurdles, FINAL
12:05 p.m.	Men's 60m Hurdles, FINAL
12:15 p.m.	Women's 60 Meters, FINAL
12:20 p.m.	Men's 60 Meters FINAL
12:25 p.m.	Women's 1000 Meters
12:30 p.m.	Men's 1000 Meters
12:45 p.m.	Women's 400 Meters
1:00 p.m.	Men's 400 Meters
1:15 p.m.	Women's 600 Meters
1:25 p.m.	Men's 600 Meters
1:35 p.m.	Women's 800 Meters
1:50 p.m.	Men's 800 Meters
2:05 p.m.	Women's 200 Meters
2:30 p.m.	Men's 200 Meters
2:50 p.m.	Women's 3000 Meters (Heats 2-4)
3:30 p.m.	Men's 3000 Meters (Heats 3-6)
4:15 p.m.	Women's 4x400-Meter Relay
~to follow women	Men's 4x400-Meter Relay

***HEATS SLOW to FAST (slowest heats of the 3k will be run separately)**

**** WE WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE; BUT NO MORE THAN 10 MINUTES ****