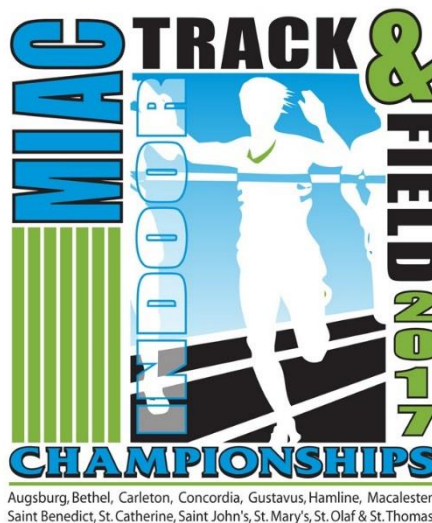


2017 MIAC Indoor Track and Field Championships

University of St. Thomas



Thursday, February 23

2:00	Pentathlon	Women
	EST: 2:00 60H, 2:40 HJ, 5:00 SP, 6:15 LJ, 7:30 800m	
2:20	Heptathlon Day 1	Men
	EST: 2:20 60m, 3:00 LJ, 4:15 SP, 5:30 HJ	

Friday, February 24

10:00	Heptathlon Day 2	Men
	EST: 10:00 60H, 11:30 PV, 3:00 1000m	
2:30	Implement Inspection Begins	
3:00	Coaches Meeting	
3:50	National Anthem	

FIELD EVENTS

4:00	Triple Jump	Women	Final
4:00	High Jump	Men	Final
4:00	20 # Weight	Women	Final
5:00	Pole Vault	Women	Final
6:30	Long Jump	Men	Final
6:30	35 # Weight	Men	Final

TRACK EVENTS

4:30	60 M Hurdles	Men	Prelims
4:40	60 M Hurdles	Women	Prelims
4:55	5000 Meters	Men	Final
5:15	5000 Meters	Women	Final
5:40	60 Meters	Men	Prelims
5:50	60 Meters	Women	Prelims
6:00	Mile	Men	Final
6:20	Mile	Women	Final
6:45	60 M Hurdles	Women	Final
6:50	60 M Hurdles	Men	Final
6:55	400 Meters	Men	Final
7:05	400 Meters	Women	Final
7:15	800 Meters	Men	Final
7:25	800 Meters	Women	Final
7:40	60 Meters	Men	Final
7:45	60 Meters	Women	Final
7:55	Distance Medley	Men	Final
8:10	Distance Medley	Women	Final

Saturday, February 25

10:00	Implement Inspection Begins
10:00	Coaches Meeting If Needed
10:05	National Anthem

FIELD EVENTS

10:15	Triple Jump	Men	Final
10:15	High Jump	Women	Final
11:30	Shot Put	Women	Final
1:00	Long Jump	Women	Final
1:00	Pole Vault	Men	Final
2:00	Shot Put	Men	Final

TRACK EVENTS

1:00	4 x 200 Relay	Men	Final
1:15	4 x 200 Relay	Women	Final
1:30	3000 Meters	Men	Final – Section 1
1:45	3000 Meters	Women	Final – Section 1
2:00	600 Meters	Men	Final
2:10	600 Meters	Women	Final
2:25	1000 Meters	Men	Final
2:40	1000 Meters	Women	Final
2:55	200 Meters	Men	Final
3:10	200 Meters	Women	Final
3:25	3000 Meters	Men	Final – Section 2
3:40	3000 Meters	Women	Final – Section 2
3:55	4 x 400 Relay	Men	Final
4:05	4 x 400 Relay	Women	Final