

# 2023 MIAC Indoor Track & Field Championship

## February 23-25, 2023

### Macalester College, St. Paul, MN

### Leonard Center

Thursday, February 23, 2023				Friday, February 24, 2023			
12:00 PM	Implement Inspection Begins			10:00 AM	Heptathlon Day 2	Men	
2:00 PM	Pentathlon	Women			EST: 10:00 60 H, 11:30 AM PV, 3:00 1000m		
	EST: 2:00 PM 60 H, 2:40 PM HJ, 5:00 PM SP, 6:15 PM LJ, 7:30 PM 800						
2:20 PM	Heptathlon Day 1	Men					
	EST: 2:20 PM 60 m, 3:00 PM LJ, 4:15 PM SP, 5:30 PM HJ						
Friday, February 24, 2023				Saturday, February 25, 2023			
1:15 PM	Implement Inspection Begins (ends at 2:15 PM)			9:15 AM	Implement Inspection Begins (ends at 10:15 AM)		
3:00 PM	Coaches Meeting			10:00 AM	Coaches Meeting if Needed		
3:20 PM	National Anthem			10:05 AM	National Anthem		
Field Events				Field Events			
3:30 PM	Triple Jump	Women	Final	10:15 AM	Triple Jump	Men	Final
3:30 PM	Weight Throw	Women	Final	10:15 AM	High Jump	Women	Final
3:30 PM	High Jump	Men	Final	11:30 AM	Shot Put	Women	Final
4:30 PM	Pole Vault	Women	Final	12:00 PM	Pole Vault	Men	Final
6:00 PM	Long Jump	Men	Final	1:45 PM	Long Jump	Women	Final
6:30 PM	Weight Throw	Men	Final	2:00 PM	Shot Put	Men	Final
Track Events				Track Events			
4:30 PM	60 M Hurdles	Men	Prelims	1:00 PM	4 x 200 Relay	Men	Final
4:40 PM	60 M Hurdles	Women	Prelims	1:15 PM	4 x 200 Relay	Women	Final
4:55 PM	5000 Meters	Men	Final	1:30 PM	3000 Meters	Men	Final - Section 1
5:20 PM	5000 Meters	Women	Final	1:45 PM	3000 Meters	Women	Final - Section 1
5:40 PM	60 Meters	Men	Prelims	2:00 PM	600 Meters	Men	Final
5:50 PM	60 Meters	Women	Prelims	2:10 PM	600 Meters	Women	Final
6:00 PM	Mile	Men	Final	2:25 PM	1000 Meters	Men	Final
6:25 PM	Mile	Women	Final	2:40 PM	1000 Meters	Women	Final
6:45 PM	60 M Hurdles	Women	Final	2:55 PM	200 Meters	Men	Final
6:50 PM	60 M Hurdles	Men	Final	3:10 PM	200 Meters	Women	Final
6:55 PM	400 Meters	Men	Final	3:25 PM	3000 Meters	Men	Final - Section 2
7:05 PM	400 Meters	Women	Final	3:40 PM	3000 Meters	Women	Final - Section 2
7:15 PM	800 Meters	Men	Final	3:55 PM	4 x 400 Relay	Men	Final
7:25 PM	800 Meters	Women	Final	4:05 PM	4 x 400 Relay	Women	Final
7:40 PM	60 Meters	Men	Final				
7:45 PM	60 Meters	Women	Final				
7:55 PM	Distance Medley	Men	Final				
8:10 PM	Distance Medley	Women	Final				
Note: TJ Boards @ 36' and 39'6" for men; 29'6" and 32'6" for women							