



2024 SEC INDOOR TRACK AND FIELD CHAMPIONSHIPS

TENTATIVE COMPETITION SCHEDULE

FRIDAY, FEBRUARY 23 – SATURDAY, FEBRUARY 24



FRIDAY, FEBRUARY 23

TIME RUNNING EVENTS

4:00 PM	Women's 1 Mile Prelims
4:15 PM	Men's 1 Mile Prelims
4:30 PM	Women's 60 Meters Prelims
4:45 PM	Men's 60 Meters Prelims
5:05 PM	Women's 400 Meters Prelims
5:35 PM	Men's 400 Meters Prelims
6:05 PM	Women's 800 Meters Prelims
6:20 PM	Men's 800 Meters Prelims
6:35 PM	Women's 60 Meter Hurdles Prelims
6:50 PM	Men's 60 Meter Hurdles Prelims
7:05 PM	Women's 5,000 Meters Final
7:25 PM	Women's 200 Meters Prelims
7:45 PM	Men's 5,000 Meters Final
8:05 PM	Men's 200 Meters Prelims
8:25 PM	Women's Distance Medley Relay Final
8:40 PM	Men's Distance Medley Relay Final

TIME FIELD EVENTS

1:30 PM	Women's Pole Vault Final
4:15 PM	Women's Weight Throw Final
5:15 PM	Men's Pole Vault Final
5:45 PM	Women's Long Jump Final
6:30 PM	Men's Long Jump Final
6:45 PM	Men's Weight Throw Final

TIME PENTATHLON

12:15 PM	Women's Pentathlon 60 Meter Hurdles
1:00 PM	Women's Pentathlon High Jump
3:30 PM	Women's Pentathlon Shot Put
4:30 PM	Women's Pentathlon Long Jump
6:30 PM	Women's Pentathlon 800 Meters

TIME HEPTATHLON

12:00 PM	Men's Heptathlon 60 Meters
12:40 PM	Men's Heptathlon Long Jump
2:05 PM	Men's Heptathlon Shot Put
3:00 PM	Men's Heptathlon High Jump

SATURDAY, FEBRUARY 24

TIME RUNNING EVENTS

4:05 PM	Women's 1 Mile Final
4:15 PM	Men's 1 Mile Final
4:25 PM	Women's 60 Meters Final
4:32 PM	Men's 60 Meters Final
4:47 PM	Women's 400 Meters Final
4:57 PM	Men's 400 Meters Final
5:07 PM	Women's 800 Meters Final
5:15 PM	Men's 800 Meters Final
5:22 PM	Women's 60 Meter Hurdles Final
5:30 PM	Men's 60 Meter Hurdles Final
5:37 PM	Women's 200 Meters Final
5:47 PM	Men's 200 Meters Final
5:55 PM	Women's 3,000 Meters Final
6:20 PM	Men's 3,000 Meters Final
6:45 PM	Women's 4x400 Meter Relay Final
7:00 PM	Men's 4x400 Meter Relay Final

TIME FIELD EVENTS

2:15 PM	Men's High Jump Final
2:15 PM	Women's High Jump Final
3:00 PM	Women's Shot Put Final
4:15 PM	Men's Triple Jump Final
5:00 PM	Women's Triple Jump Final
5:00 PM	Men's Shot Put Final

TIME HEPTATHLON

12:00 PM	Men's Heptathlon 60 Meter Hurdles
12:45 PM	Men's Heptathlon Pole Vault
4:40 PM	Men's Heptathlon 1,000 Meters