



# 2025 NCAA DIVISION I INDOOR TRACK & FIELD CHAMPIONSHIPS COMPETITION SCHEDULE VIRGINIA BEACH, VIRGINIA

*All times noted are Eastern Time  
Schedule is subject to change*

FRIDAY, MARCH 14 - WOMEN			
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND
3:30 PM	Mile	Women	Semifinal
3:48 PM	60 Meters	Women	Semifinal
4:00 PM	400 Meters	Women	Semifinal
4:20 PM	800 Meters	Women	Semifinal
4:30 PM	60 Hurdles	Women	Semifinal
4:42 PM	5000 Meters	Women	Final
5:02 PM	200 Meters	Women	Semifinal
5:20 PM	Distance Medley Relay	Women	Final
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND
2:00 PM	Pole Vault	Women	Final
2:15 PM	Weight Throw	Women	Prelim/Final
3:30 PM	Long Jump	Women	Prelim/Final
TIME	WOMEN'S PENTATHLON	DIVISION	ROUND
9:35 AM	60 Hurdles	Women	Final
10:45 AM	High Jump (2 pits)	Women	Final
12:45 PM	Shot Put (1 circle)	Women	Final
2:00 PM	Long Jump (2 runways)	Women	Final
3:05 PM	800 Meters	Women	Final

SATURDAY, MARCH 15 - WOMEN			
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND
3:00 PM	Mile	Women	Final
3:10 PM	60 Meters	Women	Final
3:20 PM	400 Meters	Women	Final
3:30 PM	800 Meters	Women	Final
3:40 PM	60 Hurdles	Women	Final
3:50 PM	200 Meters	Women	Final
4:00 PM	3000 Meters	Women	Final
4:20 PM	4x400 Relay	Women	Final
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND
12:00 PM	High Jump	Women	Final
1:45 PM	Shot Put	Women	Prelim/Final
2:20 PM	Triple Jump	Women	Prelim/Final

FRIDAY, MARCH 14 - MEN			
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND
7:00 PM	Mile	Men	Semifinal
7:18 PM	60 Meters	Men	Semifinal
7:30 PM	400 Meters	Men	Semifinal
7:50 PM	800 Meters	Men	Semifinal
8:00 PM	60 Hurdles	Men	Semifinal
8:12 PM	5000 Meters	Men	Final
8:32 PM	200 Meters	Men	Semifinal
8:50 PM	Distance Medley Relay	Men	Final
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND
6:00 PM	Pole Vault	Men	Final
6:05 PM	Weight Throw	Men	Prelim/Final
7:00 PM	Long Jump	Men	Prelim/Final
TIME	MEN'S HEPTATHLON	DIVISION	ROUND
9:15 AM	60 Meters	Men	Final
9:50 AM	Long Jump (2 runways)	Men	Final
11:00 AM	Shot Put (1 circle)	Men	Final
12:45 PM	High Jump (2 pits)	Men	Final

SATURDAY, MARCH 15 - MEN			
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND
6:00 PM	Mile	Men	Final
6:10 PM	60 Meters	Men	Final
6:20 PM	400 Meters	Men	Final
6:30 PM	800 Meters	Men	Final
6:40 PM	60 Hurdles	Men	Final
6:50 PM	200 Meters	Men	Final
7:00 PM	3000 Meters	Men	Final
7:20 PM	4x400 Relay	Men	Final
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND
12:00 PM	High Jump	Men	Final
5:00 PM	Shot Put	Men	Prelim/Final
5:20 PM	Triple Jump	Men	Prelim/Final
TIME	MEN'S HEPTATHLON	DIVISION	ROUND
9:30 AM	60 Hurdles	Men	Final
10:30 AM	Pole Vault (1 pit)	Men	Final
2:30 PM	1000 Meters	Men	Final