

**2019 Men's & Women's Indoor Track & Field Championships**  
**Schedule of Events**

**University of New Mexico – Albuquerque, NM**

**Friday, February 22**

10:00 a.m. Men's Heptathlon (60 Hurdles, Pole Vault and 1000 Meters)

**Field Events**

3:30 p.m.	Women's Weight Throw	Trials & Finals
4:00 p.m.	Men's Long Jump	Trials & Finals
4:00 p.m.	Women's Long Jump	Trials & Finals
5:00 p.m.	Women's Pole Vault	Finals
6:30 p.m.	Men's Weight Throw	Trials & Finals
7:30 p.m.	Men's High Jump	Finals

**Track Events**

4:30 p.m.	Men's Mile	Qualifying
4:45 p.m.	Women's Mile	Qualifying
5:00 p.m.	Men's 60 Hurdles	Qualifying
5:15 p.m.	Women's 60 Hurdles	Qualifying
5:30 p.m.	Men's 400 Meters	Qualifying
5:45 p.m.	Women's 400 Meters	Qualifying
6:00 p.m.	Men's 60 Meters	Qualifying
6:15 p.m.	Women's 60 Meters	Qualifying
6:30 p.m.	Men's 800 Meters	Qualifying
6:45 p.m.	Women's 800 Meters	Qualifying
7:00 p.m.	Men's 200 Meters	Qualifying
7:15 p.m.	Women's 200 Meters	Qualifying
7:30 p.m.	Men's 5000 Meters	Finals
7:55 p.m.	Women's 5000 Meters	Finals

## **Saturday, February 23**

### **Field Events**

10:00 a.m.	Women's Shot Put	Trials & Finals
10:00 a.m.	Women's High Jump	Finals
11:30 a.m.	Men's Pole Vault	Finals
11:30 a.m.	Men's Triple Jump	Trials & Finals
11:30 a.m.	Women's Triple Jump	Trials & Finals
1:00 p.m.	Men's Shot Put	Trials & Finals

### **Track Events**

11:40 a.m.	Men's Mile	Finals
11:50 a.m.	Women's Mile	Finals
12:00 p.m.	Men's 60 Hurdles	Finals
12:10 p.m.	Women's 60 Hurdles	Finals
12:20 p.m.	Men's 400 Meters	Finals
12:30 p.m.	Women's 400 Meters	Finals
12:40 p.m.	Men's 60 Meters	Finals
12:50 p.m.	Women's 60 Meters	Finals
1:00 p.m.	Men's 800 Meters	Finals
1:10 p.m.	Women's 800 Meters	Finals
1:20 p.m.	Men's 200 Meters	Finals
1:30 p.m.	Women's 200 Meters	Finals
1:40 p.m.	Men's 3000 Meters	Finals
2:05 p.m.	Women's 3000 Meters	Finals
2:30 p.m.	Men's 4x400 Relay	Finals
2:45 p.m.	Women's 4x400 Relay	Finals

Top 3 finishers will be given medals on the awards podium immediately following each event.