2022 Men's & Women's Indoor Track & Field Championships
Schedule of Events

University of New Mexico – Albuquerque, NM

Thursday, February 24

8:00 a.m.	Pre-Championship Coaches' Meeting via Zoom	
10:00 a.m.	Men's Heptathlon (60 Meters, Long Jump, Shot Put and High Jump)	
11:00 a.m.	Women's Pentathlon (60 Hurdles, High Jump, Shot Put, Long Jump, 800 Meters)	
4:00 p.m.	Men's Distance Medley	Finals
4:20 p.m.	Women's Distance Medley	Finals

Friday, February 25

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

Field Events

12:30 p.m.	Men's Weight Throw	Trials & Finals
1:00 p.m.	Women's Long Jump	Trials & Finals
1:00 p.m.	Men's Long Jump	Trials & Finals
3:00 p.m.	Men's Pole Vault	Finals
3:30 p.m.	Women's Weight Throw	Trials & Finals
4:15 p.m.	Women's High Jump	Finals

Track Events

1:30 p.m.	Women's Mile	Qualifying
1:45 p.m.	Men's Mile	Qualifying
2:00 p.m.	Women's 60 Hurdles	Qualifying
2:15 p.m.	Men's 60 Hurdles	Qualifying
2:30 p.m.	Women's 400 Meters	Qualifying
2:45 p.m.	Men's 400 Meters	Qualifying
3:00 p.m.	Women's 60 Meters	Qualifying
3:15 p.m.	Men's 60 Meters	Qualifying
3:30 p.m.	Women's 800 Meters	Qualifying
3:45 p.m.	Men's 800 Meters	Qualifying
4:00 p.m.	Women's 200 Meters	Qualifying
4:15 p.m.	Men's 200 Meters	Qualifying
4:30 p.m.	Women's 5000 Meters	Finals
4:55 p.m.	Men's 5000 Meters	Finals

Continued

Saturday, February 26

Field Events

9:30 a.m.	Men's High Jump	Finals
10:00 a.m.	Men's Shot Put	Trials & Finals
11:30 a.m.	Women's Pole Vault	Finals
11:30 a.m.	Women's Triple Jump	Trials & Finals
11:30 a.m.	Men's Triple Jump	Trials & Finals
1:00 p.m.	Women's Shot Put	Trials & Finals

Track Events

11:10 a.m.	Women's Mile	Finals
11:20 a.m.	Men's Mile	Finals
11:30 a.m.	Women's 60 Hurdles	Finals
11:40 a.m.	Men's 60 Hurdles	Finals
11:50 a.m.	Women's 400 Meters	Finals
12:00 p.m.	Men's 400 Meters	Finals
12:10 p.m.	Women's 60 Meters	Finals
12:20 p.m.	Men's 60 Meters	Finals
12:30 p.m.	Women's 800 Meters	Finals
12:40 p.m.	Men's 800 Meters	Finals
12:50 p.m.	Women's 200 Meters	Finals
1:00 p.m.	Men's 200 Meters	Finals
1:10 p.m.	Women's 3000 Meters	Finals
1:35 p.m.	Men's 3000 Meters	Finals
1:50 p.m.	Women's 4x400 Relay	Finals
2:15 p.m.	Men's 4x400 Relay	Finals

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