



**2016 Indoor Track & Field
Schedule of Events
Birmingham CrossPlex**

Wednesday, February 24, 2016

Combined Events

9:00 a.m. Heptathlon 60m
Heptathlon Long Jump
Heptathlon Shot Put
Heptathlon High Jump

9:15 a.m. Pentathlon 60H
Pentathlon High Jump
Pentathlon Shot Put
Pentathlon Long Jump
Pentathlon 800m

Field Events-Jumps

3:00 p.m. High Jump (M)
4:00 p.m. Pole Vault (M)
35lb Weight Throw (M)
Long Jump (W)
6:30 Long Jump (M)
7:00 20lb Weight Throw (W)

Running Events

4:00 p.m. 5000m Final (M)
4:25 5000m Final (W)
4:50 800m Trial (M)
5:05 800m Trial (W)
5:20 400m Trial (M)
5:40 400m Trial (W)
6:10 60m Trial (M)
6:25 60m Trial (W)
6:45 60m hurdles Trial (M)
7:15 60m hurdles Trial (W)
7:40 200m Trial (M)
7:55 200m Trial (W)
8:10 DMR Final (M)
8:30 DMR Final (W)

Thursday, February 25, 2016

Combined Events

9:00 a.m. Heptathlon 60H
Heptathlon Pole Vault
Heptathlon 1000M

Field Events

11:00 a.m. Shot Put (M)
Triple Jump (M)
High Jump (W)
2:00 p.m. Pole Vault (W)
Shot Put (W)
Triple Jump (W)

Running Events

1:00 p.m. Mile (M)
1:15 Mile (W)
1:30 400m (M)
1:40 400m (W)
2:05 60m hurdles (M)
2:10 60m hurdles (W)
2:15 60m (M)
2:20 60m (W)
2:40 800m (M)
2:50 800m (W)
3:00 200m (M)
3:10 200m (W)
3:20 3000m (M)
3:50 3000m (W)
4:15 4x400m Relay (M)
4:35 4x400m Relay (W)
4:45 Awards Presentation