



2024 MOUNTAIN WEST INDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE



Thursday, February 22

10:00 a.m.	Men's Heptathlon
	60-Meter Dash
	Long Jump
	Shot Put
	High Jump
11:00 a.m.	Women's Pentathlon
	60-Meter Hurdles
	High Jump
	Shot Put
	Long Jump
	800-Meter Run
4:00 p.m.	Women's 5000 Meters (Finals)
4:20 p.m.	Men's 5000 Meters (Finals)
4:40 p.m.	Women's Distance Medley Relay (Finals)
5:00 p.m.	Men's Distance Medley Relay (Finals)

Friday, February 23

10:00 a.m.	Men's Heptathlon - 60-Meter Hurdles
11:00 a.m.	Men's Heptathlon - Pole Vault
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)
1:30 p.m.	Women's Mile (Prelims)
1:45 p.m.	Men's Mile (Prelims)
2:00 p.m.	Women's 60-Meter Hurdles (Prelims)
2:00 p.m.	Men's Heptathlon - 1,000-Meter Run
2:15 p.m.	Men's 60-Meter Hurdles (Prelims)
2:30 p.m.	Women's 400 Meters (Prelims)
2:45 p.m.	Men's 400 Meters (Prelims)
3:00 p.m.	Women's Pole Vault (Finals)
3:00 p.m.	Women's 60 Meters (Prelims)
3:15 p.m.	Men's 60 Meters (Prelims)
3:30 p.m.	Women's Weight Throw (Trials & Finals)
3:30 p.m.	Women's 800 Meters (Prelims)
3:45 p.m.	Men's 800 Meters (Prelims)
4:00 p.m.	Women's 200 Meters (Prelims)
4:15 p.m.	Women's High Jump (Finals)
4:15 p.m.	Men's 200 Meters (Prelims)

Saturday, February 24

9:30 a.m.	Men's High Jump (Finals)
10:00 a.m.	Men's Shot Put (Trials & Finals)
11:10 a.m.	Women's Mile (Finals)
11:20 a.m.	Men's Mile (Finals)
11:30 a.m.	Men's Pole Vault (Finals)
11:30 a.m.	Women's Triple Jump (Trials & Finals)
11:30 a.m.	Men's Triple Jump (Trials & Finals)
11:30 a.m.	Women's 60-Meter Hurdles (Finals)
11:40 a.m.	Men's 60-Meter Hurdles (Finals)
11:50 a.m.	Women's 400 Meters (Finals)
12:00 p.m.	Men's 400 Meters (Finals)
12:00 p.m.	Women's Shot Put (Trials & 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 3,000 Meters (Finals)
1:35 p.m.	Men's 3,000 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.