



2025 MOUNTAIN WEST INDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE



Thursday, February 27

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| 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 28

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| 10:00 a.m. | Men's Heptathlon - 60-Meter Hurdles |
| 10:45 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) |
| 2:00 p.m. | Men's Mile (Prelims) |
| 2:10 p.m. | Men's Heptathlon - 1,000-Meter Run |
| 2:15 p.m. | Women's 60-Meter Hurdles (Prelims) |
| 2:30 p.m. | Men's 60-Meter Hurdles (Prelims) |
| 2:40 p.m. | Women's 400 Meters (Prelims) |
| 3:00 p.m. | Women's Pole Vault (Finals) |
| 3:10 p.m. | Men's 400 Meters (Prelims) |
| 3:25 p.m. | Women's 60 Meters (Prelims) |
| 3:30 p.m. | Women's Weight Throw (Trials & Finals) |
| 3:35 p.m. | Men's 60 Meters (Prelims) |
| 3:45 p.m. | Women's 800 Meters (Prelims) |
| 3:55 p.m. | Men's 800 Meters (Prelims) |
| 4:05 p.m. | Women's 200 Meters (Prelims) |
| 4:35 p.m. | Men's 200 Meters (Prelims) |
| 4:45 p.m. | Women's High Jump (Finals) |

Saturday, March 1

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| 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.