

Schedule of Events

2023 NCAA Division II Indoor Track and Field Championships
March 10-11, Virginia Beach, VA
Hosted by Norfolk State University and Visit Virginia Beach
Virginia Beach Sports Center

NOTE: All times listed are Eastern time

Friday, March 10, 2023

Prelim events unless noted as finals

Time	Event
10:00 a.m.	Heptathlon (60meters, long jump, shot put, high jump)
1:30 p.m.	Women's Weight Throw (Final)
2:00 p.m.	Men's Long Jump (Final)
2:40 p.m.	National Anthem
2:45 p.m.	Women's 60 Meter Hurdles
3:00 p.m.	Men's 60 Meter Hurdles
3:15 p.m.	Women's 60 Meters
3:20 p.m.	Women's Pole Vault (Final)
3:25 p.m.	Men's 60 Meters
3:40 p.m.	Women's Mile
3:55 p.m.	Men's Mile
4:00 p.m.	Women's Long Jump (Final)
4:10 p.m.	Women's 400 Meters
4:25 p.m.	Men's 400 Meters
4:30 p.m.	Men's Weight Throw (Final)
4:35 p.m.	Women's High Jump (Final)
4:40 p.m.	Women's 800 Meters
4:55 p.m.	Men's 800 Meters
5:10 p.m.	Women's 200 Meters
5:20 p.m.	Men's 200 Meters
5:30 p.m.	Women's 5000 Meters
5:55 p.m.	Men's 5000 Meters
6:20 p.m.	Women's DMR (Final)
6:50 p.m.	Men's DMR (Final)

Saturday, March 11, 2023

All final events

Time	Event
10:30 a.m.	Pentathlon (60 meter hurdles, high jump, shot put, long jump, 800 meters)
10:45 a.m.	Heptathlon (60 meter hurdles, pole vault, 1000 meters)
1:00 p.m.	Women's Triple Jump
2:45 p.m.	Women's Shot Put
3:30 p.m.	National Anthem
3:40 p.m.	Women's 60 Meter Hurdles
3:50 p.m.	Men's 60 Meter Hurdles
3:55 p.m.	Men's Pole Vault
4:00 p.m.	Women's 60 Meters
4:05 p.m.	Men's Triple Jump
4:10 p.m.	Men's 60 Meters
4:20 p.m.	Women's Mile
4:35 p.m.	Men's Mile
4:45 p.m.	Men's Shot Put
4:50 p.m.	Women's 400 Meters
5:00 p.m.	Men's 400 Meters
5:05 p.m.	Men's High Jump
5:10 p.m.	Women's 800 Meters
5:20 p.m.	Men's 800 Meters
5:30 p.m.	Women's 200 Meters
5:40 p.m.	Men's 200 Meters
5:50 p.m.	Women's 3000 Meters
6:10 p.m.	Men's 3000 Meters
6:30 p.m.	Women's 4x400 Meter Relay
6:45 p.m.	Men's 4x400 Meter Relay
7:00 p.m.	Team Awards

