



2019 DIVISION III INDOOR

# TRACK & FIELD CHAMPIONSHIPS

BOSTON • University of Massachusetts Boston, Host

FRIDAY - MEN'S HEPTATHLON			
Start time	Event	Gender	Description
10:00 AM	60 Meters	Men	Heptathlon
~10:50 AM	Long Jump	Men	Heptathlon
~12:25 PM	Shot Put (Exterior Ring)	Men	Heptathlon
~3:45 PM	High Jump (2 pits)	Men	Heptathlon

FRIDAY - WOMEN'S PENTATHLON			
Start time	Event	Gender	Description
11:00 AM	60 Meter Hurdles	Women	Pentathlon
~12:00 PM	High Jump (2 pits)	Women	Pentathlon
~2:15 PM	Shot Put (Exterior Ring)	Women	Pentathlon
~4:30 PM	Long Jump	Women	Pentathlon
~5:45 PM	800 Meters	Women	Pentathlon

FRIDAY			
FIELD EVENTS			
Start time	Event	Gender	Description
1:00 PM	Pole Vault	Men	Final
1:00 PM	Long Jump	Women	Prelims & Final
4:15 PM	20 lb. Weight Throw	Women	Prelims & Final
5:30 PM	Pole Vault	Women	Final
6:00 PM	High Jump	Men	Final
6:45 PM	Long Jump	Men	Final
6:45 PM	35 lb. Weight Throw	Men	Prelims & Final
RUNNING EVENTS			
10:00 AM	60 Meters	Men	Heptathlon
11:00 AM	60 Meter Hurdles	Women	Pentathlon
12:20 PM	National Anthem		
12:30 PM	3000 Meters	Women	Prelims
1:00 PM	3000 Meters	Men	Prelims
2:00 PM	60 Meter Hurdles	Women	Prelims
2:15 PM	60 Meter Hurdles	Men	Prelims
2:30 PM	60 Meters	Women	Prelims
2:45 PM	60 Meters	Men	Prelims
BREAK			
5:00 PM	Mile	Women	Prelims
5:20 PM	Mile	Men	Prelims
5:40 PM	400 Meters	Women	Prelims
6:00 PM	400 Meters	Men	Prelims
6:20 PM	800 Meters	Women	Prelims
6:35 PM	800 Meters	Men	Prelims
6:50 PM	200 Meters	Women	Prelims
7:05 PM	200 Meters	Men	Prelims
7:20 PM	5000 Meters	Women	Final
7:45 PM	5000 Meters	Men	Final
8:05 PM	4 X 400 Relay	Women	Prelim
8:25 PM	4 X 400 Relay	Men	Prelim
8:45 PM	Distance Medley Relay	Women	Final
9:00 PM	Distance Medley Relay	Men	Final

SATURDAY - MEN'S HEPTATHLON			
Start time	Event	Gender	Description
10:00 AM	60 Meter Hurdles	Men	Heptathlon
~10:50 AM	Pole Vault (1 pit)	Men	Heptathlon
~3:00 PM	1000 Meters	Men	Heptathlon

SATURDAY			
FIELD EVENTS			
Start time	Event	Gender	Description
11:00 AM	Triple Jump	Women	Prelims & Final
11:00 AM	Shot Put	Women	Prelims & Final
11:00 AM	High Jump	Women	Final
2:00 PM	Triple Jump	Men	Prelims & Final
3:15 PM	Shot Put	Men	Final
RUNNING EVENTS			
10:00 AM	60 Meter Hurdles	Men	Heptathlon
1:35 PM	National Anthem		
1:45 PM	60 Meter Hurdles	Women	Final
1:55 PM	60 Meter Hurdles	Men	Final
2:10 PM	60 Meters	Women	Final
2:20 PM	60 Meters	Men	Final
BREAK			
3:05 PM	Mile	Women	Final
3:15 PM	Mile	Men	Final
3:30 PM	400 Meters	Women	Final
3:40 PM	400 Meters	Men	Final
3:55 PM	800 Meters	Women	Final
4:05 PM	800 Meters	Men	Final
4:15 PM	200 Meters	Women	Final
4:25 PM	200 Meters	Men	Final
4:40 PM	3000 Meters	Women	Final
4:55 PM	3000 Meters	Men	Final
5:10 PM	4 X 400 Relay	Women	Final
5:25 PM	4 X 400 Relay	Men	Final