



2022 DIVISION III INDOOR

TRACK & FIELD CHAMPIONSHIPS

WINSTON-SALEM, NC • Guilford College and Visit Winston-Salem, Hosts

SCHEDULE OF EVENTS

FRIDAY – MEN’S HEPTATHLON			
Start Time	Event	Gender	Description
11:00 AM	60 Meters	Men	Track
~11:45 AM	Long Jump	Men	LJ “A” & “B”
~1:55 PM	Shot Put	Men	Throws Cage
~3:20 PM	High Jump (2 pits)	Men	HJ & Throws Cage

SATURDAY – MEN’S HEPTATHLON			
Start Time	Event	Gender	Description
11:00 AM	60m Hurdles	Men	Track
~11:45 AM	Pole Vault (2 pits)	Men	PV “A” & “B”
~2:15 PM	1000 Meters	Men	Track

FRIDAY – WOMEN’S PENTATHLON			
Start Time	Event	Gender	Description
11:30 AM	60m Hurdles	Women	Track
~12:15 PM	High Jump (2 pits)	Women	HJ & Throws Cage
~1:55 PM	Shot Put	Women	HJ Apron
~3:20 PM	Long Jump	Women	LJ “A” & “B”
~4:20 PM	800 Meters	Women	Track

SATURDAY			
FIELD EVENTS			
Start Time	Event	Gender	Description
11:00 AM	Triple Jump	Women	LJ “A”
11:00 AM	Shot Put	Women	Throws Cage
11:00 AM	High Jump	Men	HJ Apron
2:00 PM	Triple Jump	Men	LJ “A”
2:00 PM	Shot Put	Men	Throws Cage
2:00 PM	High Jump	Women	HJ Apron
RUNNING EVENTS			
2:30 PM	Mile	Women	Final
2:40 PM	Mile	Men	Final
2:50 PM	60 Meter Hurdles	Women	Final
3:00 PM	60 Meter Hurdles	Men	Final
3:10 PM	400 Meters	Women	Final
3:20 PM	400 Meters	Men	Final
3:30 PM	60 Meter Dash	Women	Final
3:40 PM	60 Meter Dash	Men	Final
3:50 PM	800 Meters	Women	Final
4:00 PM	800 Meters	Men	Final
4:10 PM	200 Meters	Women	Final
4:20 PM	200 Meters	Men	Final
4:30 PM	3000 Meters	Women	Final
4:45 PM	3000 Meters	Men	Final
5:00 PM	4x400m Relay	Women	Final
5:15 PM	4x400m Relay	Men	Final

FRIDAY			
FIELD EVENTS			
Start Time	Event	Gender	Description
10:00 AM	Weight Throw	Women	Throws Cage
11:00 AM	Pole Vault	Men	PV “A”
12:50 PM	Long Jump	Women	LJ “B”
3:30 PM	Pole Vault	Women	PV “A”
5:00 PM	Long Jump	Men	LJ “B”
5:45 PM	Weight Throw	Men	Throws Cage
RUNNING EVENTS			
1:00 PM	Mile	Women	Prelims
1:20 PM	Mile	Men	Prelims
1:40 PM	60 Meter Hurdles	Women	Prelims
1:55 PM	60 Meter Hurdles	Men	Prelims
2:10 PM	400 Meters	Women	Prelims
2:30 PM	400 Meters	Men	Prelims
2:50 PM	60 Meter Dash	Women	Prelims
3:05 PM	60 Meter Dash	Men	Prelims
3:20 PM	800 Meters	Women	Prelims
3:35 PM	800 Meters	Men	Prelims
3:50 PM	200 Meters	Women	Prelims
4:05 PM	200 Meters	Men	Prelims
4:35 PM	5000 Meters	Women	Final
4:55 PM	5000 Meters	Men	Final
5:15 PM	4x400m	Women	Prelims
5:35 PM	4x400m	Men	Prelims
5:55 PM	DMR	Women	Final
6:10 PM	DMR	Men	Final