



**2023 DIVISION III INDOOR
TRACK & FIELD CHAMPIONSHIPS**
BIRMINGHAM, AL • Birmingham-Southern College and City of Birmingham, Hosts

Friday - Men's Heptathlon			
Start Time	Event	Gender	Description
10:00AM	60 Meters	Men	Heptathlon
~10:40AM	Long Jump	Men	Heptathlon
~12:30PM	Shot Put (cage)	Men	Heptathlon
~3:00PM	High Jump (2 pits)	Men	Heptathlon

Friday - Women's Pentathlon			
Start Time	Event	Gender	Description
10:20AM	60 Meter Hurdles	Women	Pentathlon
~11:20AM	High Jump (2 pits)	Women	Pentathlon
~1:05PM	Shot Put	Women	Pentathlon
~2:35PM	Long Jump	Women	Pentathlon
~4:20PM	800 Meters	Women	Pentathlon

Friday			
Field Events			
Start Time	Event	Gender	Description
10:00 AM	35 lb. Weight Throw	Men	Prelims & Final
11:00AM	Pole Vault	Women	Final
11:00AM	Long Jump	Women	Prelims & Final
2:30PM	Long Jump	Men	Prelims & Final
3:00 PM	20 lb. Weight Throw	Women	Prelims & Final
3:30PM	Pole Vault	Men	Final
Running Events			
10:00AM	60 Meters	Men	Heptathlon
10:20AM	60 Meter Hurdles	Women	Pentathlon
12:50PM	National Anthem		
1:30PM	60 Meter Hurdles	Men	Prelims
1:45PM	60 Meter Hurdles	Women	Prelims
2:00PM	60 Meters	Men	Prelims
2:15PM	60 Meters	Women	Prelims
2:35PM	Mile	Men	Prelims
2:50PM	Mile	Women	Prelims
3:05PM	400 Meters	Men	Prelims
3:25PM	400 Meters	Women	Prelims
3:45PM	800 Meters	Men	Prelims
4:00PM	800 Meters	Women	Prelims
4:15PM	200 Meters	Men	Prelims
4:30PM	200 Meters	Women	Prelims
4:45PM	5000 Meters	Men	Final
5:05PM	5000 Meters	Women	Final
5:35PM	4 X 400 Relay	Men	Prelims
5:45PM	4 x 400 Relay	Women	Prelims
6:10PM	Distance Medley Relay	Men	Final
6:25PM	Distance Medley Relay	Women	Final

Saturday - Men's Heptathlon			
Start Time	Event	Gender	Description
10:00AM	60 Meter Hurdles	Men	Heptathlon
~10:50AM	Pole Vault (2 pits)	Men	Heptathlon
~2:00PM	1000 Meters	Men	Heptathlon

Saturday			
Field Events			
Start Time	Event	Gender	Description
11:00AM	Triple Jump	Women	Prelims & Final
11:00AM	Shot Put	Men	Prelims & Final
12:30 PM	High Jump	Women	Final
2:00PM	Shot Put	Women	Prelims & Final
2:00PM	Triple Jump	Men	Prelims & Final
3:45 PM	High Jump	Men	Final
Running Events			
10:00 AM	60 Meter Hurdles	Men	Heptathlon
10:30 AM	60 Meter Hurdles	Men	Final
10:40 AM	60 Meter Hurdles	Women	Final
10:55 AM	60 Meters	Men	Final
11:10 AM	60 Meters	Women	Final
2:50 PM	National Anthem		
3:00 PM	Mile	Men	Final
3:10 PM	Mile	Women	Final
3:25 PM	400 Meters	Men	Final
3:35 PM	400 Meters	Women	Final
3:50 PM	800 Meters	Men	Final
4:00 PM	800 Meters	Women	Final
4:15 PM	200 Meters	Men	Final
4:25 PM	200 Meters	Women	Final
4:40 PM	3000 Meters	Men	Final
4:55 PM	3000 Meters	Women	Final
5:15 PM	4x400 Meter Relay	Men	Final
5:30 PM	4x400 Meter Relay	Women	Final

~ = approximate time
All times Central

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