



## 2018 MIAC INDOOR CHAMPIONSHIP SCHEDULE

February 22-24, 2018

Macalester College

Approved on 12-5-17

### Thursday, February 22

12:00 Implement Inspection Begins  
 2:00 Pentathlon Women  
 EST: 2:00 60H, 2:40 HJ, 5:00 SP, 6:15 LJ, 7:30 800m  
 2:20 Heptathlon Day 1 Men  
 EST: 2:20 60m, 3:00 LJ, 4:15 SP, 5:30 HJ

### Friday, February 23

1:15 Implement Inspection Begins (ends at 2:15)  
 3:00 Coaches Meeting  
 3:20 National Anthem

#### FIELD EVENTS

3:30	Triple Jump	Men	Final
3:30	Weight Throw	Men	Final
4:00	High Jump	Women	Final
4:30	Pole Vault	Men	Final
6:00	Long Jump	Women	Final
6:30	Weight Throw	Women	Final

#### TRACK EVENTS

4:30	60 M Hurdles	Women	Prelims
4:40	60 M Hurdles	Men	Prelims
4:55	5000 Meters	Women	Final
5:20	5000 Meters	Men	Final
5:40	60 Meters	Women	Prelims
5:50	60 Meters	Men	Prelims
6:00	Mile	Women	Final
6:25	Mile	Men	Final
6:45	60 M Hurdles	Men	Final
6:50	60 M Hurdles	Women	Final
6:55	400 Meters	Women	Final
7:05	400 Meters	Men	Final
7:15	800 Meters	Women	Final
7:25	800 Meters	Men	Final
7:40	60 Meters	Women	Final
7:45	60 Meters	Men	Final
7:55	Distance Medley	Women	Final
8:10	Distance Medley	Men	Final

### Friday, February 23

10:00 Heptathlon Day 2 Men  
 EST: 10:00 60H, 11:30 PV, 3:00 1000m

### Saturday, February 24

9:15 Implement Inspection Begins (ends at 10:15)  
 10:00 Coaches Meeting If Needed  
 10:05 National Anthem

#### FIELD EVENTS

10:15	Triple Jump	Women	Final
10:15	High Jump	Men	Final
11:30	Shot Put	Men	Final
12:00	Pole Vault	Women	Final
1:00	Long Jump	Men	Final
2:00	Shot Put	Women	Final

#### TRACK EVENTS

1:00	4 x 200 Relay	Women	Final
1:15	4 x 200 Relay	Men	Final
1:30	3000 Meters	Women	Final – Section 1
1:45	3000 Meters	Men	Final – Section 1
2:00	600 Meters	Women	Final
2:10	600 Meters	Men	Final
2:25	1000 Meters	Women	Final
2:40	1000 Meters	Men	Final
2:55	200 Meters	Women	Final
3:10	200 Meters	Men	Final
3:25	3000 Meters	Women	Final – Section 2
3:40	3000 Meters	Men	Final – Section 2
3:55	4 x 400 Relay	Women	Final
4:05	4 x 400 Relay	Men	Final

Note: TJ boards @ 36' and 39'6 for men; 29'6" and 32'6" for women