



2023 Indoor Preview | Tentative Schedule

*Heats all based on last years entry numbers-subject to change

Saturday January 14, 2023

SATURDAY FIELD EVENTS

| Start | Event | Anticipated Field Size |
|------------|----------------------|------------------------|
| 9:00 a.m. | Women's Weight Throw | 2 Flights |
| 9:00 a.m. | Women's Triple Jump | 2 Flights |
| 9:00 a.m. | Men's Long Jump | 2 Flights |
| 10:00 a.m. | Women's Pole Vault | 1 Flight |
| 10:45 a.m. | Women's High Jump | 1 Flight |
| 11:00 a.m. | Men's Weight Throw | 2 Flights |
| 1:00 p.m. | Women's Shot Put | 2 Flights |
| 1:00 p.m. | Men's Shot Put | 2 Flights |
| 1:00 p.m. | Women's Long Jump | 3 Flights |
| 1:00 p.m. | Men's Triple Jump | 2 Flights |
| 2:00 p.m. | Men's Pole Vault | 1 Flight |
| 2:15 p.m. | Men's High Jump | 1 Flight |

SATURDAY RUNNING EVENT

| | | |
|------------|---|---------|
| ~8:45 a.m. | Women's 3000 Meters (Slowest heats) | ~1 Heat |
| ~9:00 a.m. | Men's 3000 Meters (Slowest heat) | ~1 Heat |
| 9:15 a.m. | (Warm up time for Hurdles on the track) | |
| 9:30 a.m. | Women's 60m Hurdles, Qualifying Rd | 6 Heats |
| 9:45 a.m. | Women's 60 Meters, Qualifying Rd | 9 Heats |
| 10:05 a.m. | Men's 60m Meters, Qualifying Rd | 7 Heats |
| 10:20 a.m. | Women's 60m Hurdles, Prelim | 4 Heats |
| 10:30 a.m. | Men's 60m Hurdles, Prelim | 4 Heats |
| 10:45 a.m. | Women's 60 Meters, Prelim | 4 Heats |
| 11:00 a.m. | Men's 60 Meters Prelim | 4 Heats |
| 11:20 a.m. | Women's 1000 Meters | 2 Heats |
| 11:30 a.m. | Men's 1000 Meters | 3 Heats |
| 11:45 a.m. | Women's Mile | 4 Heats |
| 12:20 p.m. | Men's Mile | 5 Heats |
| 12:50 p.m. | Women's 60 Meters, FINAL | 2 Heats |
| 12:55 p.m. | Men's 60 Meters FINAL | 2 Heats |
| 1:10 p.m. | Women's 60m Hurdles, FINAL | 2 Heats |
| 1:20 p.m. | Men's 60m Hurdles, FINAL | 2 Heats |
| 1:35 p.m. | Women's 400 Meters | 6 Heats |
| 1:50 p.m. | Men's 400 Meters | 6 Heats |
| 2:10 p.m. | Women's 600 Meters | 4 Heats |
| 2:25 p.m. | Men's 600 Meters | 3 Heats |
| 2:40 p.m. | Women's 800 Meters | 3 Heats |
| 2:55 p.m. | Men's 800 Meters | 3 Heats |
| 3:10 p.m. | Women's 200 Meters | 9 Heats |
| 3:30 p.m. | Men's 200 Meters | 8 Heats |
| 3:45 p.m. | Women's 3000 Meters (Heats 1-3) | 3 Heats |
| 4:25 p.m. | Men's 3000 Meters (Heats 1-3) | 3 Heats |
| 5:10 p.m. | Women's 4x400-Meter Relay | 5 Heats |
| 5:40 p.m. | Men's 4x400 Meter Relay | 3 Heats |

*Schedule based on previous years and subject to adjustments based on field sizes

*HEATS SLOW to FAST (please note Heat 4 of the 3k will be run separately)

** WE WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE; BUT NO MORE THAN 10 MINUTES **