



ASUN 2023 INDOOR TRACK AND FIELD CHAMPIONSHIPS

Liberty Indoor Track Complex • Lynchburg, Va.

Schedule of Events

Friday, February 24

Combined Events

- 9:00 AM Heptathlon 60M
Heptathlon Long Jump
Heptathlon Shot Put
Heptathlon High Jump
- 9:15 AM Pentathlon 60M Hurdles
Pentathlon High Jump
Pentathlon Shot Put
Pentathlon Long Jump
Pentathlon 800M

12:55 PM National Anthem

Field Events

- 1:00 PM Pole Vault (M)
- 3:00 PM 20lb Weight Throw (W)
- 3:00 PM Long Jump (W)
- 5:00 PM Pole Vault (W)
- 5:30 PM Long Jump (M)
- 6:00 PM 35lb Weight Throw (M)
- 6:20 PM High Jump (W)

Running Events

- 3:00 PM Mile Trial (W)
- 3:15 PM Mile Trial (M)
- 3:35 PM 60M Hurdles Trial (W)
- 3:55 PM 60M Hurdles Trial (M)
- 4:15 PM 400M Trial (W)
- 4:30 PM 400M Trial (M)
- 4:50 PM 60M Trial (W)
- 5:10 PM 60M Trial (M)
- 5:30 PM 800M Trial (W)
- 5:45 PM 800M Trial (M)
- 6:00 PM 200M Trial (W)
- 6:15 PM 200M Trial (M)
- 6:30 PM 5,000M Final (W)
- 6:55 PM 5,000M Final (M)
- 7:20 PM DMR Final (W)
- 7:40 PM DMR Final (M)

Saturday, February 25

Combined Events

- 8:30 AM Heptathlon 60M Hurdles
Heptathlon Pole Vault
Heptathlon 1,000M

Field Events

- 10:00 AM Shot Put (W)
- 10:00 AM Triple Jump (W)
- 12:00 PM High Jump (M)
- 1:00 PM Shot Put (M)
- 1:30 PM Triple Jump (M)

11:55 AM National Anthem

Running Events

- 12:00 PM Mile Final (W)
- 12:10 PM Mile Final (M)
- 12:30 PM 60M Hurdles Final (W)
- 12:35 PM 60M Hurdles Final (M)
- 12:45 PM 400M Final (W)
- 12:55 PM 400M Final (M)
- 1:05 PM 60M Final (W)
- 1:10 PM 60M Final (M)
- 1:20 PM 800M Final (W)
- 1:30 PM 800M Final (M)
- 1:40 PM 200M Final (W)
- 1:45 PM 200M Final (M)
- 1:50 PM 3,000M Final (W)
- 2:20 PM 3,000M Final (M)
- 3:00 PM 4x400M Relay Final (W)
- 3:20 PM 4x400M Relay Final (M)
- 3:30 PM Awards Presentation

Note: For the combined events at least 30 minutes shall be allowed between each event.