



ASUN 2022 INDOOR TRACK AND FIELD CHAMPIONSHIPS

Liberty Indoor Track Complex • Lynchburg, Va.

Schedule of Events

Friday, February 25

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

Running Events

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

Saturday, February 26

Combined Events

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

Field Events

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

11:55 AM National Anthem

Running Events

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

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