



2024 Men's & Women's Indoor Track & Field Championships
Virginia Beach Sports Center, Virginia Beach, VA
February 23-24, 2024
FINAL

Friday, February 23, 2024

<u>Time</u>	<u>Gender</u>	<u>Event</u>
<u>Multi Events/Field Events</u>		
# ESTIMATED TIME		
9:00 a.m.	Men	Hept. 60m
9:00 a.m.	Men	Weight Throw Trials/Final
9:20 a.m.	Women	Pent. 60 Hurdles
#9:40 a.m.	Men	Hept. Long Jump (I)
#10:00 a.m.	Women	Pent. High Jump
#10:50 a.m.	Men	Hept. Shot Put
11:30 a.m.	Men	Long Jump Trials/Final (I)
11:30 a.m.	Women	Pole Vault Finals (O)
#11:40 a.m.	Women	Pent. Shot Put
#11:40 a.m.	Men	Hept. High Jump
#12:30 p.m.	Women	Pent. Long Jump (O)
1:00 p.m.	Women	Weight Throw Trials/Final
#1:30 p.m.	Women	Pent. 800m
2:30 p.m.	Women	Long Jump Trials/Final (I)
4:00 p.m.	Men	Pole Vault Final (O)

Running Events

1:15 p.m.	Women	60 Hurdle Trials
1:30 p.m.	Men	60 Hurdle Trials
1:50 p.m.	Women	400m Trials
2:05 p.m.	Men	400m Trials
2:20 p.m.	Women	500m Trials
2:35 p.m.	Men	500m Trials
3:00 p.m.	Women	60m Trials
3:15 p.m.	Men	60m Trials
3:30 p.m.	Women	800m Trials
3:45 p.m.	Men	800m Trials
4:00 p.m.	Women	1000m Trials
4:20 p.m.	Men	1000m Trials
4:40 p.m.	Women	200m Trials
5:10 p.m.	Men	200m Trials
5:30 p.m.	Women	5000m Final
6:15 p.m.	Men	5000m Final
6:55 p.m.	Women	DMR Final
7:10 p.m.	Men	DMR Final

(O) – Outside Pit Location
(I) – Inside Pit Location

Saturday, February 24, 2024

<u>Time</u>	<u>Gender</u>	<u>Event</u>
<u>Multi Events/Field Events</u>		
# ESTIMATED TIME		
9:00 a.m.	Men	Triple Jump (I)
10:00 a.m.	Women	Shot Put Trials/Final
11:00 a.m.	Men	High Jump Final
#11:25 a.m.	Men	Hept. 60 Hurdles
11:30 a.m.	Women	Triple Jump (I)
#11:40 a.m.	Men	Hept. Pole Vault (O)
^TBD	Men	Hept. 1000m
12:30 p.m.	Men	Shot Put Trials/Final
1:00 p.m.	Women	High Jump Final

Running Events

11:00 a.m.	Men	Mile Final
11:10 a.m.	Women	Mile Final
11:30 a.m.	Men	60 Hurdle Final
11:40 a.m.	Women	60 Hurdle Final
11:55 a.m.	Men	400m Final
12:05 p.m.	Women	400m Final
12:15 p.m.	Men	500m Final
12:25 p.m.	Women	500m Final
12:40 p.m.	Men	60m Final
12:45 p.m.	Women	60m Final
12:55 p.m.	Men	800m Final
1:00 p.m.	Women	800m Final
1:10 p.m.	Men	1000m Final
1:15 p.m.	Women	1000m Final
1:20 p.m.	Men	200m Final
1:25 p.m.	Women	200m Final
1:30 p.m.	Men	3000m Final
1:55 p.m.	Women	3000m Final
2:25 p.m.	Men	4 x 800m Final
2:40 p.m.	Women	4 x 800m Final
2:55 p.m.	Men	4 x 400m Final
3:10 p.m.	Women	4 x 400m Final
3:40 p.m.	Awards Ceremony	