

***Proposed 2023 Indoor Heptagonal Championship Meet Schedule** updated: 12/04/22

Saturday, February 25

Running Events

- 12:00 Men's 60 Hurdle Semi-Finals
12:10 Men's Mile Trials
12:25 Men's 60 semi-finals
12:40 Men's 400 Trials
12:55 Men's 500 Trials
1:10 Men's 800 Trials
1:25 Men's 1000 Trial
1:40 Men's 3000/Section 2
1:50 Men's 3000/Section 1
2:05 Men's 200 Trials
- 2:40 Women's 60 Hurdles Semi-Finals
2:50 Women's Mile Trials
3:05 Women's 60 semi-finals
3:20 Women's 400 Trials
3:35 Women's 500 Trials
3:50 Women's 800 Trials
4:05 Women's 1000 Trials
4:20 Women's 3000/Section 2
4:35 Women's 3000/Section 1
4:50 Women's 200 semi-finals

Field Events

- 10:00 Men's Long Jump
10:00 Men's Pole Vault
11:00 Men's Shot Put (Ring 1)
1:30 Women's Shot Put (Ring 1)
1:00 Women's Pole Vault
2:00 Women's Long Jump

Multi Events

- 10:30 Pentathlon 60 Hurdles
11:15* Pentathlon HJ
11:45 Heptathlon 60
12:30* Heptathlon Long Jump
1:45* Heptathlon Shot Put (Ring 2)
3:00* Pentathlon Shot Put (Ring 2)
3:00* Heptathlon High Jump
4:00* Pentathlon Long Jump
5:15* Pentathlon 800

*Approximate start times.

Sunday, February 26

Running Events

11:00 Men's Mile Finals
11:10 Women's Mile Finals
11:20 Men's 60 Hurdle Finals
11:30 Women's 60 Hurdles Finals
11:40 Men's 400 Finals
11:50 Women's 400 Finals
12:00 Men's 500 Finals
12:10 Women's 500 Finals
12:20 Men's 60 Finals
12:25 Women's 60 Finals
12:30 Men's 800 Finals
12:40 Women's 800 Finals
12:50 Men's 1000 Finals
1:00 Women's 1000 Finals
1:10 Men's 200 Finals
1:20 Women's 200 Finals
1:30 Men's 5000 Finals
1:50 Women's 5000 Finals
2:10 Men's DMR Finals
2:25 Women's DMR Finals
2:40 Men's 4 x 800 Relay Finals
2:55 Women's 4 x 800 Relay Finals
3:10 Men's 4 x 400 Relay Finals
3:25 Women's 4 x 400 Relay Finals
3:45 Awards Ceremony

Field Events

10:00 Men's Weight Throw
11:00 Men's High Jump
12:00 Men's Triple Jump
12:30 Women's Weight Throw
1:30 Women's High Jump
2:00 Women's Triple Jump

Heptathlon

10:30 60 Hurdles
11:15* Pole Vault
2:00* 1000