



712 Amboy Avenue • Edison, NJ 08837-3554
(732) 738-5455 • maacsports.com • Facebook: /MAACSports • Twitter: @MAACSports

2023 Indoor Track and Field UPDATED Championship Schedule of Events

Saturday February 18

Track Events

4:00 pm – Track Available for Warm-Ups
4:15 pm – Coaches Meeting in Hospitality room
4:55 pm – National Anthem
5:00 pm – Women's Mile Trials
5:20 pm – Men's Mile Trials
5:40 pm – Women's 60 Hurdle Trials
5:50 pm – Men's 60 hurdle Trials – **Cancelled**
6:05 pm – Women's 60 dash Trials
6:15 pm – Men's 60 dash Trials
6:30 pm – Women's 400 Trials
6:50 pm – Men's 400 Trials
7:10 pm – Women's 800 Trials
7:25 pm – Men's 800 Trials
7:40 pm – Women's 200 Trials
8:00 pm – Men's 200 Trials
8:20 pm – Women's 5000 Final
8:45 pm – Men's 5000 Final
9:20 pm – Women's DMR
9:35 pm – Men's DMR

Field Events:

Weigh-ins @ 4:00 pm
5:00 pm – Women's Weight Throw
5:30 pm – Women's Pole Vault
6:30 pm – Men's & Women's Long Jump
7:00 pm – Men's Weight Throw
8:45 pm – Men's & Women's High Jump

Sunday February 19

Track Events

4:00 pm – Track Available for Warm-Ups
4:55 pm – National Anthem
5:00 pm – Women's Mile Final
5:10 pm – Men's Mile Final
5:20 pm – Women's 60 Hurdle Final
5:25 pm – Men's 60 Hurdle Final
5:35 pm – Women's 60 Dash Final
5:40 pm – Men's 60 Dash Final
5:45 pm – Women's 400 Final
5:55 pm – Men's 400 Final
6:05 pm – Women's 800 Final
6:15 pm – Men's 800 Final
6:25 pm – Women's 200 Final
6:35 pm – Men's 200 Final
6:45 pm – Women's 3000 Final
7:10 pm – Men's 3000 Final
7:35 pm – Women's 4 x 800
7:50 pm – Men's 4 x 800
8:05 pm – Women's 4 x 400
8:15 pm – Men's 4 x 400

Field Events:

Weigh-ins @ 4:00 pm
5:00 pm – Women's Shot Put
6:00 pm – Men's Pole Vault
6:15 pm – Men's & Women's Triple Jump
6:45 pm – Men's Shot Put