

2019 Missouri Valley Conference Indoor Track & Field Championship
Schedule of Events – Day 1
Saturday, February 23, 2019

Multi-Events

9:30 a.m. Women's Pentathlon (60 M Hurdles, High Jump, Shot Put, Long Jump, 800 M)
10:00 a.m. Men's Heptathlon (60 M Dash, Long Jump, Shot Put, High Jump)

Field Events

2:00 p.m. Weight Throw Men's Trials and Final
3:00 p.m. Pole Vault Women's Final
3:00 p.m. Long Jump Women's Trials and Final
4:00 p.m. Weight Throw Women's Final
5:00 p.m. Long Jump Men's Trials and Final

Track Events

3:00 p.m. 60 Meter Hurdles Men's Prelims (If needed)
3:15 p.m. 60 Meter Hurdles Women's Prelims (If needed)
3:30 p.m. 60 Meter Dash Men's Prelims (If needed)
3:45 p.m. 60 Meter Dash Women's Prelims (If needed)
4:00 p.m. Mile Run Men's Prelims
4:15 p.m. Mile Run Women's Prelims
4:30 p.m. 60 Meter Hurdles Men's Semifinals
4:45 p.m. 60 Meter Hurdles Women's Semifinals
4:55 p.m. 400 Meter Dash Men's Prelims
5:10 p.m. 400 Meter Dash Women's Prelims
5:25 p.m. 60 Meter Dash Men's Semifinals
5:35 p.m. 60 Meter Dash Women's Semifinals
5:45 p.m. 800 Meter Run Men's Prelims
5:55 p.m. 800 Meter Run Women's Prelims
6:05 p.m. 200 Meter Dash Men's Prelims
6:25 p.m. 200 Meter Dash Women's Prelims
6:45 p.m. 5,000 Meter Run Men's Final
7:05 p.m. 5,000 Meter Run Women's Final
7:25 p.m. Distance Medley Relay Men's Final
7:40 p.m. Distance Medley Relay Women's Final

**2019 Missouri Valley Conference Indoor Track & Field Championship
Schedule of Events – Day 2
Sunday, February 24, 2019**

Multi-Events

9:30 a.m. Men's Heptathlon (60 M Hurdles, Pole Vault, 1,000 M)

Field Events

11:00 a.m. Triple Jump Men's Trials and Final
11:00 a.m. High Jump Women's Final
12:00 p.m. Shot Put Men's Trials and Final
1:00 p.m. High Jump Men's Final
1:00 p.m. Triple Jump Women's Trials and Final
2:00 p.m. Pole Vault Men's Final
2:00 p.m. Shot Put Women's Trials and Final

Track Events

1:25 p.m. Mile Run Men's Final
1:35 p.m. Mile Run Women's Final
1:45 p.m. 60 Meter Hurdles Men's Final
1:55 p.m. 60 Meter Hurdles Women's Final
2:05 p.m. 400 Meter Dash (2 sections) Men's Final
2:25 p.m. 400 Meter Dash (2 sections) Women's Final
2:45 p.m. 60 Meter Dash Men's Final
2:55 p.m. 60 Meter Dash Women's Final
3:05 p.m. 800 Meter Run Men's Final
3:15 p.m. 800 Meter Run Women's Final
3:25 p.m. 200 Meter Dash (2 sections) Men's Final
3:35 p.m. 200 Meter Dash (2 sections) Women's Final
3:45 p.m. 3,000 Meter Run (Slow Heat) Men's Final
4:00 p.m. 3,000 Meter Run (Fast Heat) Men's Final
4:15 p.m. 3,000 Meter Run (Slow Heat) Women's Final
4:30 p.m. 3,000 Meter Run (Fast Heat) Women's Final
4:40 p.m. 4 x 400 Meter Relay Men's Final
4:55 p.m. 4 x 400 Meter Relay Women's Finals

NOTE: Awards will be distributed event as time allows.