

Northern Sun Intercollegiate Conference

Indoor Track & Field Championships

2023 Schedule of Events

Date: Final NCAA Qualifying Weekend

Saturday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
9:20 am	National Anthem & NSIC Creed	
9:30 am	Heptathlon 60m	Final
*10:15am	Heptathlon Long Jump	
*11:30 am	Heptathlon Shot Put	
*12:45 pm	Heptathlon High Jump	
12:00 pm	Pole Vault (W)	Prelim/Final
12:00 pm	Long Jump (W)	Prelim/Final
1:00 pm	Weight Throw (M)	Prelim/Final
2:30 pm	Long Jump (M)	Prelim/Final
3:30 pm	Pole Vault (M)	Prelim/Final
3:30 pm	Weight Throw (W)	Prelim/Final
4:00 pm	High Jump (M)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
1:00 pm	DMR (W)	Final
1:15 pm	DMR (M)	Final
1:30 pm	60 Meter Hurdles (W)	Prelim
1:45 pm	60 Meter Hurdles (M)	Prelim
2:00 pm	400 Meters (W)	Prelim
2:15 pm	400 Meters (M)	Prelim
2:30 pm	600 Meters (W)	Prelim
2:45 pm	600 Meters (M)	Prelim
3:00 pm	60 Meters (W)	Prelim
3:15 pm	60 Meters (M)	Prelim
3:30 pm	800 Meters (W)	Prelim
3:45 pm	800 Meters (M)	Prelim
4:00 pm	1000 Meters (W)	Prelim
4:15 pm	1000 Meters (M)	Prelim
4:30 pm	200 Meters (W)	Prelim
4:45 pm	200 Meters (M)	Prelim
5:00 pm	5000 Meters (W)	Final (2 Section)#
5:40 pm	5000 Meters (M)	Final (1 Section)

*Heptathlon times are approximate after first event.

Men's Pole Vault first to allow multi's men to compete in open vault.

**Schedule should be moved later 15 minutes per section of 5000 Meters that would be added due to field size.

If combined entries are over 12 then two flights will be used for HJ, SP, LJ. Flights will be based off of HJ Pits.

Must declare for women's 5k by 3:30pm. If 24 or fewer athletes declare will be combined to 1 heat.

Sunday

<u>Time</u>	<u>Field Events</u>	<u>Round</u>
8:50 am	National Anthem & NSIC Creed	
9:00 am	Pentathlon 60mH	Final
*9:45 pm	Pentathlon High Jump	
11:15 am	Pentathlon Shot Put	
12:00 pm	Pentathlon Long Jump	
Jump 9:45 am	Heptathlon 60mH	Final
11:00 am	Heptathlon Vault	
1:00 pm#	Triple Jump (W)	Prelim/Final
1:00 pm	Shot Put (M)	Prelim/Final
1:00 pm	High Jump (W)	Final
3:30 pm#	Triple Jump (M)	Prelim/Final
3:30 pm	Shot Put (W)	Prelim/Final

<u>Time</u>	<u>Running Events</u>	<u>Round</u>
1:30 pm	Mile (W)	Final
1:45 pm	Mile (M)	Final
2:00 pm	60 Meter Hurdles (W)	Final
2:10 pm	60 Meter Hurdles (M)	Final
2:20 pm	Heptathlon 1000m	
2:30 pm	Pentathlon 800m	
2:40 pm	400 Meters (W)	Final
2:50 pm	400 Meters (M)	Final
3:00 pm	600 Meters (W)	Final
3:10 pm	600 Meters (M)	Final
3:20 pm	60 Meters (W)	Final
3:30 pm	60 Meters (M)	Final
3:40 pm	800 Meters (W)	Final
3:50 pm	800 Meters (M)	Final
4:00 pm	1000 Meters (W)	Final
4:10 pm	1000 Meters (M)	Final
4:20 pm	200 Meters (W)	Final
4:30 pm	200 Meters (M)	Final
4:40 pm	3000 Meters (W)	Final (2 Sections)#
5:05 pm	3000 Meters (M)	Final (2 Sections)#
5:30 pm	4x400 Meter Relay (W)	Final (2 Sections)**
5:50 pm	4x400 Meter Relay (M)	Final (2 Sections)
6:25 pm	Awards Ceremony	

*Heptathlon & Pentathlon times are approximate after first event.

If combined entries are over 12 then two flights will be used for HJ, SP, LJ. Flights will be based off of HJ Pits.

**4X400 should be moved earlier by 10 minutes per section of 3000 Meters that would be added due to field size.

#Triple Jump starts 30 minutes after Pentathlon Long Jump or start time whichever is later. The next gender Triple Jumps starts 20 minutes after the boards are set.

Must declare for Women's 3k by 3:10p and Men's 3k by 3:35pm. If 24 or fewer athletes declare will be combined to 1 heat.