

**2019 AMERICAN ATHLETIC CONFERENCE  
INDOOR TRACK & FIELD – ORDER OF EVENTS  
BIRMINGHAM CROSSPLEX – BIRMINGHAM, AL**

**FRIDAY, FEBRUARY 22**

<u>TIME</u>	<u>PENTATHLON</u>
9:00 a.m.	60m Hurdles
9:45 a.m. (est.)	High Jump (2 pits)
11:30 a.m. (est.)	Shot Put
12:45 p.m. (est.)	Long Jump (pit A)
2:00 p.m. (est.)	800m Run

<u>TIME</u>	<u>HEPTATHLON</u>
11:00 a.m.	60m Dash
11:45 a.m. (est.)	Long Jump (pit B)
1:00 p.m. (est.)	Shot Put
3:20 p.m. (est.)	High Jump

*Note: Most Heptathlon and Decathlon times are estimated start times and may/will be adjusted based on the number of entries and/or the time it takes to complete the previous event.*

<u>TIME</u>	<u>FIELD EVENT</u>	
12:00 p.m.	Pole Vault – M	Trials & FINAL
2:00 p.m.	Long Jump – W	Trials & FINAL
2:15 p.m.	35 lb. Weight Throw – M	Trials & FINAL
3:30 p.m.	Pole Vault – W	Trials & FINAL
4:00 p.m.	Long Jump – M	Trials & FINAL
4:15 p.m.	20 lb. Weight Throw – W	Trials & FINAL

<u>TIME</u>	<u>TRACK EVENT</u>	
12:25 p.m.	Mile Run – W	Trials
12:30 p.m.	Mile Run – M	Trials
12:55 p.m.	400m Dash – W	Trials
1:10 p.m.	400m Dash – M	Trials
	Track Adjustment Break	
1:35 p.m.	60m Hurdles – W	Trials
1:45 p.m.	60m Hurdles – M	Trials
1:55 p.m.	60m Dash – W	Trials
2:05 p.m.	60m Dash – M	Trials
	Track Adjustment Break	
2:30 p.m.	800m Dash – W	Trials
2:45 p.m.	800m Dash – M	Trials
3:00 p.m.	200m Dash – W	Trials
3:15 p.m.	200m Dash – M	Trials
3:30 p.m.	5,000m Run Unseeded – W	
3:55 p.m.	5,000m Run Unseeded – M	
4:15 p.m.	5,000m Run Seeded – W	
4:40 p.m.	5,000m Run Seeded – M	
5:00 p.m.	Distance Medley Relay – W	
5:20 p.m.	Distance Medley Relay – M	

**SATURDAY, FEBRUARY 23**

<u>TIME</u>	<u>HEPTATHLON</u>
9:00 a.m.	60m Hurdles
10:00 a.m. (est.)	Pole Vault
3:05 p.m. (est.)	1000m Run

<u>TIME</u>	<u>FIELD EVENT</u>	
9:45 a.m.	High Jump – M	Trials & FINAL
9:45 a.m.	High Jump – W	Trials & FINAL
10:00 a.m.	Shot Put – M	Trials & FINAL
11:00 a.m.	Triple Jump – W (pit A)	Trials & FINAL
12:30 p.m.	Shot Put – W	Trials & FINAL
1:00 p.m.	Triple Jump – M (pit B)	Trials & FINAL

<u>TIME</u>	<u>TRACK EVENT – ALL FINALS</u>
11:20 a.m.	Mile Run – W
11:30 a.m.	Mile Run – M
11:40 a.m.	400m Dash – W (2-section final)
11:50 a.m.	400m Dash – M (2-section final)
	Track Adjustment Break
12:10 p.m.	60m Hurdles – W
12:20 p.m.	60m Hurdles – M
12:30 p.m.	60m Dash – W
12:40 p.m.	60m Dash – M
	Track Adjustment Break
1:00 p.m.	800m Run – W
1:10 p.m.	800m Run – M
1:20 p.m.	200m Dash – W (2-section final)
1:30 p.m.	200m Dash – M (2-section final)
1:40 p.m.	3,000m Run Unseeded – W
1:55 p.m.	3,000m Run Unseeded – M
2:10 p.m.	3,000m Run Seeded – W
2:25 p.m.	3,000m Run Seeded – M
2:40 p.m.	4x400m Relay – W
2:50 p.m.	4x400m Relay – M
3:20 p.m.	AWARDS CEREMONY