

**2023 AMERICAN ATHLETIC CONFERENCE  
INDOOR TRACK & FIELD – ORDER OF EVENTS  
BIRMINGHAM CROSSPLEX – BIRMINGHAM, AL**

**FRIDAY, FEBRUARY 24**

| <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       |
| 12:40 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 25**

| <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                 |