

2019 MPSF INDOOR TRACK & FIELD CHAMPIONSHIP

Schedule of Events

FRIDAY, FEBRUARY 22
Dempsey Indoor opens 10:00 am

FINAL TIME SCHEDULE

12:00 pm	Women's Weight Throw	Final
12:15 pm	Pentathlon: Women's 60 Meter Hurdles	Final
1:00 pm	Pentathlon: Women's High Jump	Final
2:00 pm	Women's Pole Vault	Final
2:00 pm	Heptathlon: Men's 60 Meter Dash	Final
2:30 pm	Pentathlon: Women's Shot Put	Final
2:45 pm	Heptathlon: Men's Long Jump	Final
3:45 pm	Heptathlon: Men's Shot Put	Final
3:45 pm	Pentathlon: Women's Long Jump	Final
4:30 pm	Women's 60 Meter Hurdles	Prelims
4:45 pm	Men's 60 Meter Hurdles	Prelims
4:45 pm	Heptathlon: Men's High Jump	Final
5:00 pm	Women's 60 Meter Dash	Prelims
5:20 pm	Men's 60 Meter Dash	Prelims
5:15 pm	Women's Long Jump	Final
5:15 pm	Men's Long Jump	Final
5:15 pm	Men's Weight Throw	Final
5:30 pm	Men's Pole Vault	Final
5:35 pm	Pentathlon: Women's 800 Meter Run	Final
5:45 pm	Women's 5000 Meter Run	Final
6:05 pm	Men's 5000 Meter Run	Final
6:25 pm	Women's 200 Meter Dash*	Final
7:05 pm	Men's 200 Meter Dash*	Final
7:30 pm	Women's Distance Medley	Final
7:55 pm	Men's Distance Medley	Final

* Sections based on time

****All heats will run SLOW TO FAST, except for the 200m and 400m which will go FAST TO SLOW.**

2019 MPSF INDOOR TRACK & FIELD CHAMPIONSHIP

Schedule of Events

SATURDAY, FEBRUARY 23
Dempsey Indoor opens 8:00 am

FINAL TIME SCHEDULE

10:00 a.m.	Women's High Jump	Final
10:30 a.m.	Women's Shot Put	Final
10:30 a.m.	Heptathlon: Men's 60 Meter Hurdles	Final
11:00 a.m.	Women's 60 Meter Hurdles	Final
11:05 a.m.	Men's 60 Meter Hurdles	Final
11:10 a.m.	Heptathlon: Men's Pole Vault	Final
11:10 a.m.	Women's 1 Mile Run*	Final
11:40 a.m.	Men's 1 Mile Run*	Final
11:55 a.m.	Women's 400 Meter Dash*	Final
12:00 p.m.	Women's Triple Jump	Final
12:00 p.m.	Men's High Jump	Final
12:30 p.m.	Men's 400 Meter Dash*	Final
12:45 p.m.	Men's Shot Put	Final
12:55 p.m.	Women's 60 Meter Dash	Final
1:00 p.m.	Men's 60 Meter Dash	Final
1:05 p.m.	Women's 800 Meter Run*	Final
1:30 p.m.	Men's 800 Meter Run*	Final
1:30 p.m.	Men's Triple Jump	Final
1:50 p.m.	Heptathlon: Men's 1000 Meter Run	Final
2:00 p.m.	Women's 3000 Meter Run	Final
2:35 p.m.	Men's 3000 Meter Run	Final
3:00 p.m.	Women's 4x400 Meter Relay	Final
3:20 p.m.	Men's 4x400 Meter Relay	Final

* Sections based on time

**All heats will run SLOW TO FAST, except for the 200m and 400m which will go FAST TO SLOW.