



# 2022 INDOOR TRACK & FIELD CHAMPIONSHIPS

February 25-26, 2022

Grand Forks, N.D. // Frederick "Fritz" D. Pollard Jr. Athletic Center

Hosted by the University of North Dakota

## FRIDAY, FEBRUARY 25

## SATURDAY, FEBRUARY 26

\*National Anthem to be played at the beginning of each day

### Heptathlon/Pentathlon

|            |                  |                    |
|------------|------------------|--------------------|
| 9:30 a.m.  | 60-Meter Hurdles | Women's Pentathlon |
| 10 a.m.    | 60-Meter Dash    | Men's Heptathlon   |
| 10:30 a.m. | High Jump        | Women's Pentathlon |
| 10:50 a.m. | Long Jump        | Men's Heptathlon   |
| 12 p.m.    | Shot Put         | Women's Pentathlon |
| 1 p.m.     | Shot Put         | Men's Heptathlon   |
| 1:15 p.m.  | High Jump        | Women's Pentathlon |
| 1:45 p.m.  | Long Jump        | Men's Heptathlon   |
| 2:45 p.m.  | 800-Meter Run    | Women's Pentathlon |

### Field Events

|           |              |                         |
|-----------|--------------|-------------------------|
| 3 p.m.    | Weight Throw | Women's Trials & Finals |
| 3 p.m.    | Pole Vault   | Men's Trials & Finals   |
| 3:30 p.m. | Long Jump    | Women's Trials & Finals |
| 5 p.m.    | Weight Throw | Men's Trials & Finals   |
| 5:30 p.m. | Long Jump    | Men's Trials & Finals   |

### Track Events

|           |                       |                 |
|-----------|-----------------------|-----------------|
| 4 p.m.    | 800-Meter Run         | Women's Prelims |
| 4:15 p.m. | 800-Meter Run         | Men's Prelims   |
| 4:35 p.m. | 400-Meter Dash        | Women's Prelims |
| 4:50 p.m. | 400-Meter Dash        | Men's Prelims   |
| 5:05 p.m. | 60-Meter Dash         | Women's Prelims |
| 5:20 p.m. | 60-Meter Dash         | Men's Prelims   |
| 5:35 p.m. | 60-Meter Hurdles      | Women's Prelims |
| 5:50 p.m. | 60-Meter Hurdles      | Men's Prelims   |
| 6:05 p.m. | 3,000-Meter Run       | Women's Finals  |
| 6:20 p.m. | 3,000-Meter Run       | Men's Finals    |
| 6:35 p.m. | 200-Meter Dash        | Women's Prelims |
| 6:50 p.m. | 200-Meter Dash        | Men's Prelims   |
| 7:05 p.m. | Distance Medley Relay | Women's Finals  |
| 7:20 p.m. | Distance Medley Relay | Men's Finals    |

### Heptathlon

|            |                  |                  |
|------------|------------------|------------------|
| 9:30 a.m.  | 60-Meter Hurdles | Men's Heptathlon |
| 10:15 a.m. | Pole Vault       | Men's Heptathlon |
| 12:15 p.m. | 1,000-Meter Run  | Men's Heptathlon |

### Field Events

|            |             |                         |
|------------|-------------|-------------------------|
| 11 a.m.    | Triple Jump | Women's Trials & Finals |
| 12 p.m.    | Shot Put    | Women's Trials & Finals |
| 12 p.m.    | High Jump   | Men's Trials & Finals   |
| 12:30 p.m. | Pole Vault  | Women's Trials & Finals |
| 1:30 p.m.  | Triple Jump | Men's Trials & Finals   |
| 2 p.m.     | Shot Put    | Men's Trials & Finals   |
| 2 p.m.     | High Jump   | Women's Trials & Finals |

### Track Events

|           |                  |                   |
|-----------|------------------|-------------------|
| 1 p.m.    | Mile Run         | Women's Section 1 |
| 1:10 p.m. | Mile Run         | Women's Section 2 |
| 1:20 p.m. | Mile Run         | Men's Finals      |
| 1:40 p.m. | 400-Meter Dash   | Women's Finals    |
| 1:50 p.m. | 400-Meter Dash   | Men's Finals      |
| 2 p.m.    | 60-Meter Dash    | Women's Finals    |
| 2:10 p.m. | 60-Meter Dash    | Men's Finals      |
| 2:20 p.m. | 60-Meter Hurdles | Women's Finals    |
| 2:30 p.m. | 60-Meter Hurdles | Men's Finals      |
| 2:40 p.m. | 800-Meter Run    | Women's Finals    |
| 2:45 p.m. | 800-Meter Run    | Men's Finals      |
| 2:50 p.m. | 200-Meter Dash   | Women's Finals    |
| 2:55 p.m. | 200-Meter Dash   | Men's Finals      |
| 3:00 p.m. | 5,000-Meter Run  | Women's Finals    |
| 3:25 p.m. | 5,000-Meter Run  | Men's Finals      |
| 3:45 p.m. | 4x400 Relay      | Women's Finals    |
| 3:55 p.m. | 4x400 Relay      | Men's Finals      |

4:25 p.m. Team Award Ceremony

\*Individual awards will be given out at the conclusion of each event when possible or during the award ceremony times listed

(All times Central)

\*For internal use only until released by the league office

\*Subject to change based on facility

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