



# 2025 INDOOR TRACK & FIELD CHAMPIONSHIPS

February 28-March 1

Brookings, SD

Hosted by South Dakota State University

**FRIDAY, FEB. 28**

**SATURDAY, MAR. 1**

## Heptathlon/Pentathlon (approx. times)

9:30 a.m.	60-Meter Dash	Men's Heptathlon
10:10 a.m.	Long Jump	Men's Heptathlon
11:10 a.m.	Shot Put	Men's Heptathlon
12:30 p.m.	High Jump	Men's Heptathlon

10 a.m.	60-Meter Hurdles	Women's Pentathlon
10:40 a.m.	High Jump	Women's Pentathlon
12:45 p.m.	Shot Put	Women's Pentathlon
1:45 p.m.	Long Jump	Women's Pentathlon
2:45 p.m.	800-Meter Run	Women's Pentathlon

## Field Events

3 p.m.	Weight Throw	Women's Trials & Finals
4 p.m.	Pole Vault	Men's Finals
4:15 p.m.	Long Jump	Women's Trials & Finals
5 p.m.	Weight Throw	Men's Trials & Finals
6:15 p.m.	Long Jump	Men's Trials & Finals

*\*National Anthem to be played prior to track events*

## Track Events

3:30 p.m.	3,000-Meter Run	Men's Section 2 (if needed)
3:45 p.m.	3,000-Meter Run	Women's Section 2 (if needed)
4 p.m.	800-Meter Run	Men's Prelims
4:15 p.m.	800-Meter Run	Women's Prelims
4:35 p.m.	400-Meter Dash	Men's Prelims
4:50 p.m.	400-Meter Dash	Women's Prelims
5:05 p.m.	60-Meter Dash	Men's Prelims
5:20 p.m.	60-Meter Dash	Women's Prelims
5:35 p.m.	60-Meter Hurdles	Men's Prelims
5:50 p.m.	60-Meter Hurdles	Women's Prelims
6:05 p.m.	3,000-Meter Run	Men's Section 1
6:20 p.m.	3,000-Meter Run	Women's Section 1
6:35 p.m.	200-Meter Dash	Men's Prelims
6:50 p.m.	200-Meter Dash	Women's Prelims
7:05 p.m.	Distance Medley Relay	Men's Finals
7:20 p.m.	Distance Medley Relay	Women's Finals

## Heptathlon (approx. times)

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

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

*\*National Anthem to be played prior to track events*

## Track Events

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

*\*Individual awards will be given out at the conclusion of each event when possible.*