



2024 Indoor Track & Field Championship Schedule

UPDATED 2/2/2024

Friday Time Schedule

Order	Event	Time	Gender	Format
1	Weight Throw	1:00	Men	Top 9 Final
2	Heptathlon-60m	1:00	Men	Final
3	Pentathlon-60m Hurdles	1:15	Women	Final
4	Pentathlon-HJ		Women	
5	Heptathlon-LJ		Men	3 Jumps
6	Pentathlon-SP		Women	3 Throws
7	Heptathlon-SP		Men	3 Throws
8	Pentathlon-LJ		Women	3 Jumps
9	Heptathlon-HJ		Men	
10	Pentathlon-800m	TBD	Women	Final
11	Pole Vault	2:00	Men	
12	Long Jump (1 pit)	2:00	Men	Top 9 Final
13	400 Meters	2:30	Men	Heats
14	500 Meters	2:45	Men	Heats
15	800 Meters	3:05	Men	Heats
16	1000 Meters	3:20	Men	Heats
17	200 Meters	3:30	Men	Heats
18	5000 Meters	3:50	Men	2 Sections
19	Distance Medley Relay	4:25	Men	Final
20	Weight Throw	5:00	Women	Top 9 Final
21	Pole Vault	5:00	Women	
22	Long Jump 2 pits	5:00	Women	Top 9 Final
23	400 Meters	5:00	Women	Heats
24	High Jump (1 pit)	5:00	Women	
25	500 Meters	5:15	Women	Heats
26	800 Meters	5:30	Women	Heats
27	1000 Meters	5:45	Women	Heats
28	200 Meters	6:00	Women	Heats
29	5000 Meters	6:15	Women	2 Sections
30	Distance Medley Relay	7:05	Women	Finals

Saturday Time Schedule

Order	Event	Time	Gender	Format
1	Heptathlon-60m Hurdles	9:00	Men	
2	Heptathlon-PV		Men	
3	Heptathlon-1000m	TBD	Men	
4	60 Meter Hurdles	09:15	Men	Semi-finals
5	60 Meter Hurdles	09:30	Women	Semi-finals
6	Shot Put	09:30	Men	Top 9 Final
7	Triple Jump	09:30	Men	Top 9 Final
8	60 Meters	09:45	Men	Semi-finals
9	60 Meters	09:55	Women	Semi-finals
10	One Mile Run	10:15	Men	3 Sections
11	One Mile Run	10:35	Women	3 Sections
12	60 Meters Hurdles	11:10	Women	Final
13	60 Meters Hurdles	11:20	Men	Final
14	60 Meters	11:30	Men	Final
15	60 Meters	11:35	Women	Final
16	400 Meters	11:55	Men	Final
17	Triple Jump	12:00	Women	Top 9 Final
18	Shot Put	12:00	Women	Top 9 Final
19	400 Meters	12:00	Women	Final
20	500 Meters	12:10	Men	Final
21	500 Meters	12:15	Women	Final
22	800 Meters	12:25	Men	Final
23	800 Meters	12:30	Women	Final
24	1000 Meters	12:35	Men	Final
25	1000 Meters	12:40	Women	Final
26	High Jump	12:45	Men	
27	200 Meters	12:50	Men	Final
28	200 Meters	12:55	Women	Final
29	3000 Meters	1:05	Men	2 Sections
30	3000 Meters	1:30	Women	2 Sections
31	4x800 Meter Relay	1:55	Men	Sections
32	4x800 Meter Relay	2:15	Women	Sections
33	4x400 Meter Relay	2:35	Men	Sections
34	4x400 Meter Relay	2:55	Women	Sections