

**MID-CONTINENT CONFERENCE
INDOOR TRACK & FIELD CHAMPIONSHIPS**

SCHEDULE OF EVENTS*

DAY 1

2:00 pm W 20-pound Weight (Trials/FINALS)
 M 35-pound Weight (Trials/FINALS)

2:00 pm M Long Jump (Trials/FINALS)
 W Long Jump (Trials/FINALS)

3:00 pm M Pole Vault (Trials/FINALS)

3:00 pm W 60-Meter Hurdles (Trials)

3:15 pm M 60-Meter Hurdles (Trials)

3:30 pm W 60-Meter Dash (Trials)

3:45 pm M 60-Meter Dash (Trials)

4:00 pm W Distance Medley Relay (FINALS)

4:15 pm M Distance Medley Relay (FINALS)

4:30 pm W 60-Meter Hurdles (Semis)

4:40 pm M 60-Meter Hurdles (Semis)

4:50 pm W 60-Meter Dash (Semis)

5:00 pm M 60-Meter Dash (Semis)

5:10 pm W 400-Meter Dash (Trials)

5:30 pm M 400-Meter Dash (Trials)

5:50 pm W 3,000-Meter Run (FINALS)

6:15 pm M 3,000-Meter Run (FINALS)

6:40 pm W 200-Meter Dash (Trials)

7:00 pm M 200-Meter Dash (Trials)

DAY 2

10:00 am W Shot Put (Trials/FINALS)
 M Shot Put (Trials/FINALS)
 W Pole Vault (Trials/FINALS)

10:30 am W Triple Jump (Trials/FINALS)
 M Triple Jump (Trials/FINALS)

11:00 am M High Jump (Trials/FINALS)
 W High Jump (Trials/FINALS)

Noon W Mile Run (FINALS)

12:15 pm M Mile Run (FINALS)

12:30 pm W 60-Meter Hurdles (FINALS)

12:40 pm M 60-Meter Hurdles (FINALS)

12:50 pm W 60-Meter Dash (FINALS)

12:55 pm M 60-Meter Dash (FINALS)

1:00 pm W 400-Meter Dash (FINALS)

1:10 pm M 400-Meter Dash (FINALS)

1:20 pm W 800-Meter Run (FINALS)

1:30 pm M 800-Meter Run (FINALS)

1:40 pm W 200-Meter Dash (FINALS)

1:50 pm M 200-Meter Dash (FINALS)

2:00 pm W 5,000-Meter Run (FINALS)

2:25 pm M 5,000-Meter Run (FINALS)

2:45 pm W Mile Relay (FINALS)

3:00 pm M Mile Relay (FINALS)

AWARDS CEREMONY

* May change depending on host institution and site limitations