



MIAC INDOOR CHAMPIONSHIP SCHEDULE

February 27 - March 1, 2025

Saint John's University (updated 2-04-25)

Thursday, February 27

2:00 Pentathlon Women
EST: 2:00 60H, 2:40 HJ, 5:00 SP, 6:15 LJ, 7:30 800m

2:20 Heptathlon Day 1 Men
EST: 2:20 60m, 3:00 LJ, 4:15 SP, 5:30 HJ

Friday, February 28

10:00 Heptathlon Day 2 Men
EST: 10:00 60H, 11:30 PV, 3:00 1000m

2:15 – 3:15 Implement Inspection
3:15 Coaches Meeting – Finish line
3:50 National Anthem

FIELD EVENTS

4:00	Long Jump	Men	Final
4:00	Weight	Women	Final
5:00	Pole Vault	Women	Final
6:30	Long Jump	Women	Final
6:30	High Jump	Men	Final
6:30	Weight	Men	Final

TRACK EVENTS

4:30	60 M Hurdles	Men	Prelims
4:45	60 M Hurdles	Women	Prelims
5:00	5000 Meters	Men	Final
5:20	5000 Meters	Women	Final
5:45	60 Meters	Men	Prelims
5:55	60 Meters	Women	Prelims
6:05	Mile	Men	Final
6:25	Mile	Women	Final
6:50	60 M Hurdles	Women	Final
7:00	60 M Hurdles	Men	Final
7:05	400 Meters	Men	Final
7:20	400 Meters	Women	Final
7:35	800 Meters	Men	Final
7:50	800 Meters	Women	Final
8:05	60 Meters	Men	Final
8:10	60 Meters	Women	Final
8:15	Distance Medley	Men	Final
8:30	Distance Medley	Women	Final

Saturday, March 1

10:15 – 11:15 Implement Inspection
11:15 Coaches Meeting – Finish line
11:50 National Anthem

FIELD EVENTS

12:00	Triple Jump	Men	Final – 32' & 36'
12:00	Shot Put	Women	Final
12:00	High Jump	Women	Final
1:00	Pole Vault	Men	Final
2:30	Triple Jump	Women	Final – 28' & 32'
2:30	Shot Put	Men	Final

TRACK EVENTS

1:00	4 x 200 Relay	Men	Final
1:15	4 x 200 Relay	Women	Final
1:30	3000 Meters	Men	Final – Section 1
1:45	3000 Meters	Women	Final – Section 1
2:00	600 Meters	Men	Final
2:10	600 Meters	Women	Final
2:25	1000 Meters	Men	Final
2:40	1000 Meters	Women	Final
2:55	200 Meters	Men	Final
3:10	200 Meters	Women	Final
3:25	3000 Meters	Men	Final – Section 2
3:40	3000 Meters	Women	Final – Section 2
3:55	4 x 400 Relay	Men	Final
4:10	4 x 400 Relay	Women	Final