



2011 National Indoor Track and Field Championship

March 4-5, 2011

Texas Tech University

Lubbock, Texas

Schedule of Events

Friday, March 4

Combined Events – each event will be followed by a 30-minute break.

9:00am	55 meters	men heptathlon
9:30am	55 meter hurdles	women pentathlon
est 9:45am	Long Jump	men heptathlon
est 10:45am	High Jump	women pentathlon
est 11:00am	Shot Put	men heptathlon
est 12:45pm	Shot Put	women pentathlon
est 12:45pm	High Jump	men heptathlon
est 2:00pm	Long Jump	women pentathlon
est 3:15pm	800 meters	women pentathlon

Field Events

3:00pm	Shot Put	men
3:30pm	Pole Vault	women
4:00pm	Long Jump	men
5:00pm	Shot Put	women
6:00pm	Long Jump	women
7:00pm	Pole Vault	men
7:30pm	High Jump	men

Track Events (all prelims except for DMR, 3k and 5k) – schedule may be altered due to number of entries

4:00pm	Distance Medley Relay	women
4:15pm	Distance Medley Relay	men
4:35pm	5000 meters	women
5:00pm	5000 meters	men
5:25pm	55 meter Hurdles	women
5:40pm	55 meter Hurdles	men
5:55pm	600 meters	women
6:10pm	600 meters	men
6:25pm	55 meters	women
6:40pm	55 meters	men
6:55pm	400 meters	women
7:15pm	400 meters	men
7:35pm	800 meters	women
7:50pm	800 meters	men
8:10pm	200 meters	women
8:30pm	200 meters	men
8:50pm	3000 meters	women
9:10pm	3000 meters	men
9:30pm	1000 meters	women
9:45pm	1000 meters	men

Saturday, March 5

Combined Events

9:00am	55 meter hurdles	men heptathlon
est. 9:45am	Pole Vault	men heptathlon
est. 1:00pm	1000m Run	men heptathlon

Field Events

9:00am	Weight Throw	men
11:00am	Weight Throw	women
11:00am	Triple Jump	women
1:00pm	Triple Jump	men
1:00pm	High Jump	women

Track Events

12:30pm	4x800 meter Relay	women
12:45pm	4x800 meter Relay	men
1:05pm	55 meter Hurdles	women
1:15pm	55 meter Hurdles	men
1:25pm	1 mile Run	women
1:40pm	1 mile Run	men
1:55pm	600 meters	women
2:05pm	600 meters	men
2:15pm	55 meters	women
2:25pm	55 meters	men
2:35pm	400 meters	women
2:45pm	400 meters	men
2:55pm	800 meters	women
3:05pm	800 meters	men
3:15pm	200 meters	women
3:25pm	200 meters	men
3:35pm	1000 meters	women
3:45pm	1000 meters	men
3:55pm	4x400 meter Relay	women
4:05pm	4x400 meter Relay	men
4:30pm	Awards presented	