



2023 SEC INDOOR TRACK AND FIELD CHAMPIONSHIPS

COMPETITION SCHEDULE

FRIDAY, FEBRUARY 24 – SATURDAY, FEBRUARY 25



FRIDAY, FEBRUARY 24

TIME	RUNNING EVENTS
4:00 PM	Men's 1 Mile Prelims
4:15 PM	Women's 1 Mile Prelims
4:30 PM	Men's 60 Meters Prelims
4:45 PM	Women's 60 Meters Prelims
5:00 PM	Men's 400 Meters Prelims
5:25 PM	Women's 400 Meters Prelims
5:50 PM	Men's 800 Meters Prelims
6:02 PM	Women's 800 Meters Prelims
6:15 PM	Men's 60 Meter Hurdles Prelims
6:27 PM	Women's 60 Meter Hurdles Prelims
6:40 PM	Men's 5,000 Meters Final
7:00 PM	Men's 200 Meters Prelims
7:20 PM	Women's 5,000 Meters Final
7:40 PM	Women's 200 Meters Prelims
8:00 PM	Men's Distance Medley Relay Final
8:15 PM	Women's Distance Medley Relay Final

TIME	FIELD EVENTS
1:30 PM	Men's Pole Vault Final
3:45 PM	Men's Weight Throw Final
5:15 PM	Women's Pole Vault Final
5:30 PM	Men's Long Jump Final
6:10 PM	Women's Long Jump Final
6:15 PM	Women's Weight Throw Final

TIME	PENTATHLON
12:00 PM	Women's Pentathlon 60 Meter Hurdles
12:45 PM	Women's Pentathlon High Jump
3:15 PM	Women's Pentathlon Shot Put
4:15 PM	Women's Pentathlon Long Jump
6:20 PM	Women's Pentathlon 800 Meters

TIME	HEPTATHLON
12:15 PM	Men's Heptathlon 60 Meters
12:55 PM	Men's Heptathlon Long Jump
2:20 PM	Men's Heptathlon Shot Put
3:15 PM	Men's Heptathlon High Jump

SATURDAY, FEBRUARY 25

TIME	RUNNING EVENTS
4:05 PM	Men's 1 Mile Final
4:15 PM	Women's 1 Mile Final
4:25 PM	Men's 60 Meters Final
4:32 PM	Women's 60 Meters Final
4:45 PM	Men's 400 Meters Final
4:55 PM	Women's 400 Meters Final
5:05 PM	Men's 800 Meters Final
5:12 PM	Women's 800 Meters Final
5:20 PM	Men's 60 Meter Hurdles Final
5:27 PM	Women's 60 Meter Hurdles Final
5:35 PM	Men's 200 Meters Final
5:45 PM	Women's 200 Meters Final
5:55 PM	Men's 3,000 Meters Final
6:20 PM	Women's 3,000 Meters Final
6:45 PM	Men's 4x400 Meter Relay Final
7:00 PM	Women's 4x400 Meter Relay Final

TIME	FIELD EVENTS
2:15 PM	Men's High Jump Final
2:15 PM	Women's High Jump Final
3:00 PM	Men's Shot Put Final
4:15 PM	Women's Triple Jump Final
5:00 PM	Men's Triple Jump Final
5:00 PM	Women's Shot Put Final

TIME	HEPTATHLON
12:00 PM	Men's Heptathlon 60 Meter Hurdles
12:45 PM	Men's Heptathlon Pole Vault
4:40 PM	Men's Heptathlon 1,000 Meters