

NCAA Indoor Track & Field National Championships  
 Friday, March 8th- Saturday, March 9th, 2013 (Central Standard Time)

<b>Friday</b>		(Prelims)	<b>Saturday</b>		(Finals)		
10:00am	35# Weight Throw	10:00am	Heptathlon-60m	11:00am	Triple Jump (men)	11:00am	Heptathlon - 60m H
11:00am	Pole Vault (women)	10:15am	Pentathlon - 60 m H	11:00am	Shot Put (men)	1:30pm	Mile (men)
11:00am	Long Jump (women)	3:45pm	Mile (Women)	11:00am	High Jump (women)	1:40pm	Mile (women)
3:30pm	Pole Vault (men)	3:55pm	Mile (Men)	2:00pm	Triple Jump (women)	1:55pm	60m Hurdles (men)
4:00pm	Long Jump (men)	4:15pm	60m Hurdles (Women)	2:00pm	Shot Put (women)	2:05pm	60m Hurdles (women)
4:00pm	20# Weight (women)	4:35pm	60m Hurdles (Men)	2:15pm	High Jump (men)	2:20pm	400m (men)
		4:55pm	400m (Women)			2:30pm	400m (women)
		5:05pm	400m (Men)			2:40pm	60m (men)
		5:20pm	60m (Women)			2:50pm	60m (women)
		5:30pm	60m (Men)			3:00pm	800m (men)
		5:40pm	800m (Women)			3:10pm	800m (women)
		5:50pm	800m (Men)			3:20pm	5000m (men)
		6:00pm	DMR (final - Women)			3:40pm	5000m (women)
		6:15pm	DMR (final - Men)			4:05pm	4x400m (men)
						4:20pm	4x400m (women)

\*1 flight prelims & final flight (LJ/TJ/SP/WT) - 45 min. warm-up; 15 min wu to finals  
 Pentathlon Events (Friday): 60 H, HJ, SP, LJ, 800m  
 Heptathlon Events (Friday/Saturday): 60m, HJ, SP, LJ/60 H, PV, 1000m