



2019 SEC INDOOR TRACK & FIELD CHAMPIONSHIPS

TYSON INDOOR TRACK | UNIVERSITY OF ARKANSAS

SCHEDULE OF EVENTS

FRIDAY, FEBRUARY 22, 2019

FRIDAY RUNNING EVENTS

Time	Event
3:30 PM	Women's 1 Mile Prelims
3:45 PM	Men's 1 Mile Prelims
4:00 PM	Women's 60 Meters Prelims
4:15 PM	Men's 60 Meters Prelims
4:30 PM	Women's 400 Meters Prelims
4:55 PM	Men's 400 Meters Prelims
5:20 PM	Women's 60 Meter Hurdles Prelims
5:30 PM	Men's 60 Meter Hurdles Prelims
5:40 PM	Women's 800 Meters Prelims
5:55 PM	Men's 800 Meters Prelims
6:15 PM	Women's 200 Meters Prelims
6:40 PM	Men's 200 Meters Prelims
7:05 PM	Women's 5,000 Meters Final
7:30 PM	Men's 5,000 Meters Final
7:50 PM	Women's Distance Medley Relay Final
8:05 PM	Men's Distance Medley Relay Final

FRIDAY FIELD EVENTS

Time	Event
4:00 PM	Men's Pole Vault Final
4:00 PM	Men's Shot Put Final
5:30 PM	Men's Long Jump Final
5:30 PM	Women's Long Jump Final
6:20 PM	Men's High Jump Final
6:30 PM	Women's Shot Put Final

WOMEN'S PENTATHLON

Time	Event
11:00 AM	Women's Pentathlon 60 Meter Hurdles
12:00 PM	Women's Pentathlon High Jump
2:45 PM	Women's Pentathlon Shot Put
3:45 PM	Women's Pentathlon Long Jump
6:10 PM	Women's Pentathlon 800 Meters

MEN'S HEPTATHLON - DAY ONE

Time	Event
11:15 AM	Men's Heptathlon 60 Meters
12:00 PM	Men's Heptathlon Long Jump
1:20 PM	Men's Heptathlon Shot Put
2:30 PM	Men's Heptathlon High Jump

SATURDAY, FEBRUARY 23, 2019

SATURDAY RUNNING EVENTS

Time	Event
3:00 PM	Women's 1 Mile Final
3:10 PM	Men's 1 Mile Final
3:20 PM	Women's 60 Meters Final
3:25 PM	Men's 60 Meters Final
3:30 PM	Women's 400 Meters Final
3:40 PM	Men's 400 Meters Final
3:50 PM	Women's 60 Meter Hurdles Final
3:57 PM	Men's 60 Meter Hurdles Final
4:15 PM	Women's 800 Meters Final
4:22 PM	Men's 800 Meters Final
4:30 PM	Women's 200 Meters Final
4:40 PM	Men's 200 Meters Final
4:50 PM	Women's 3,000 Meters Final
5:15 PM	Men's 3,000 Meters Final
5:40 PM	Women's 4x400 Meter Relay Final
5:50 PM	Men's 4x400 Meter Relay Final

SATURDAY FIELD EVENTS

Time	Event
1:00 PM	Men's Weight Throw Final
1:15 PM	Women's High Jump Final
3:00 PM	Women's Pole Vault Final
3:30 PM	Women's Weight Throw Final
3:30 PM	Men's Triple Jump Final
3:30 PM	Women's Triple Jump Final

MEN'S HEPTATHLON - DAY TWO

Time	Event
10:45 AM	Men's Heptathlon 60 Meter Hurdles
11:30 AM	Men's Heptathlon Pole Vault
4:05 PM	Men's Heptathlon 1,000 Meters