



SEC INDOOR CHAMPIONSHIPS

FEBRUARY 25-26, 2022 (Friday & Saturday)



Friday, February 25, 2022				Saturday, February 26, 2022			
Time	Event			Time	Event		
11:30 AM	Men's 60 Meters	Heptathlon	(+1) 12 Entries – 2 heats-4min	10:00 AM	Men's 60 Hurdles	Heptathlon	(+1) 12 Entries – 3 heats-6min
EST 12:15 PM	Men's Long Jump (1 runway)	Heptathlon	1 runway	EST 11:00 AM	Men's Pole Vault (2 pits)	Heptathlon	2 pits
EST 1:30 PM	Men's Shot Put (1 ring)	Heptathlon	1 ring	EST 4:00 PM	Men's 1000 Meters	Heptathlon	1 heat – 5 min
EST 2:45 PM	Men's High Jump (2 pits)	Heptathlon	2 pits				
12:00 PM	Women's 60 Meter Hurdles	Pentathlon	(+3) 17 Entries – 5 heats-10min	1:15 PM	Men's High Jump	Final	-4 (13) Jumpers – ~1.25hrs
EST 12:45 PM	Women's High Jump (2 pits)	Pentathlon	2 pits		Women's High Jump	Final	20 Jumpers – 2hrs
EST 2:45 PM	Women's Shot Put (2 rings)	Pentathlon	2 rings	2:00 PM	Men's Shot Put	Prelim/Final	2 flights – 2hrs
EST 3:55 PM	Women's Long Jump (2 runways)	Pentathlon	2 runways	3:30 PM	Women's Triple Jump	Prelim/Final	(-1) 1 flight –1.25 hr
EST 5:10 PM	Women's 800 Meters	Pentathlon	2 Heats	4:00 PM	Women's Pole Vault	Final	(+3) 24 Jumpers – <3 hrs
				EST 4:00 PM	Men's 1000 Meters	Heptathlon	1 heat – 5 min
4:30 PM	Women's Weight Throw	Prelim/Final	2 flights – 2hrs	4:05 PM	NATIONAL ANTHEM		
5:05 PM	NATIONAL ANTHEM			4:10 PM	Women's Mile	Final	1 heat – 8 min+2TV
EST 5:10 PM	Women's 800 Meters	Pentathlon	2 heats – 10 min	4:20 PM	Men's Mile	Final	1 heat – 6 min
5:15 PM	Men's Long Jump	Prelim/Final	2 flights – 2 hrs	4:30 PM	Women's Shot Put	Prelim/Final	2 flights – 2hrs
	Men's Pole Vault	Final	(+4) 21 Jumpers 2hrs		Men's Triple Jump	Prelim/Final	(-1) 1 flight –1.25 hr
5:20 PM	Women's Mile	Prelim	2 heats – 14 min	4:35 PM	Women's 60 Meters	Final	1 heat – 3 min+4TV
5:34 PM	Men's Mile	Prelim	(+1) 3 heats – 18 min + 2min	4:42 PM	Men's 60 Meters	Final	1 heat – 3 min+2min+3TV
5:54 PM	Women's 60 Meters	Prelim	4 heats – 12 min	4:50 PM	Women's 400 Meters	Final (2 Sec)	2 heats – 7min+3TV
6:06 PM	Men's 60 Meters	Prelim	4 heats – 12 min +2min	5:00 PM	Men's 400 Meters	Final (2 Sec)	2 heats – 7min+3TV
6:20 PM	Women's 400 Meters	Prelim	(-1) 8 heats – 22min	5:10 PM	Women's 800 Meters	Final	1 heat – 5 min+3TV
6:42 PM	Men's 400 Meters	Prelim	(-1) 8 heats – 22min	5:18 PM	Men's 800 Meters	Final	1 heat – 5 min+2min
6:55 PM	Women's Long Jump	Prelim/Final	2 flights -2 hrs	5:25 PM	Women's 60 Meter Hurdles	Final	1 heat – 3 min+3min+2TV
7:05 PM	Men's Weight Throw	Prelim/Final	2 flights – 2hrs	5:33 PM	Men's 60 Meter Hurdles	Final	1 heat – 3 min+2min+2TV
7:04 PM	Women's 800 Meters	Prelim	(+1) 3 heats – 12 min	5:40 PM	Women's 200 Meters	Final (2 Sec)	2 heats – 8 min+2TV
7:16 PM	Men's 800 Meters	Prelim	(+1) 3 heats – 12 min+2min	5:50 PM	Men's 200 Meters	Final (2 Sec)	2 heats – 7 min+3TV
7:30 PM	Women's 60 Meter Hurdles	Prelim	3 heats – 9 min+3min	6:00 PM	Women's 3000 Meters	Final (2 Sec)	2 heats – 25 min
7:42 PM	Men's 60 Meter Hurdles	Prelim	3 heats – 9 min+2min	6:25 PM	Men's 3000 Meters	Final (2 Sec)	2 heats – 25 min
7:53 PM	Women's 5000 Meters	Final	1 heat – 20 min	6:50 PM	Women's 4x400 Meter Relay	Final (3 Sec)	3 heats – 15 min
8:13 PM	Women's 200 Meters	Prelim	(+1) 9 heats – 22 min	7:10 PM	Men's 4x400 Meter Relay	Final (3 Sec)	3 heats – 15 min
8:35 PM	Men's 5000 Meters	Final	1 heat – 20 min				
8:55 PM	Men's 200 Meters	Prelim	(+1) 9 heats – 20 min				
9:15 PM	Women's Distance Medley Relay	Final	1 heat – 15 min				
9:30 PM	Men's Distance Medley Relay	Final	1 heat – 15 min				