

## 2024 SOUTHERN CONFERENCE INDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS

All times are listed in Eastern.  
Schedule is subject to change.

VMI  
Lexington, VA

### SATURDAY, FEBRUARY 24

#### TRACK EVENTS

TIME	EVENT	ROUND
1:50 PM	National Anthem	
2:00 PM	Men's Mile	Trials
2:15 PM	Women's Mile	Trials
2:35 PM	Men's 60m Hurdles	Trials
2:45 PM	Women's 60m Hurdles	Trials
2:55 PM	Men's 60m	Trials
3:05 PM	Women's 60m	Trials
3:15 PM	Men's 400m	Trials
3:25 PM	Women's 400m	Trials
3:35 PM	Men's 800m	Trials
3:45 PM	Women's 800m	Trials
4:00 PM	Men's 200m	Trials
4:20 PM	Women's 200m	Trials
4:40 PM	Men's 3000m Section B	Final
4:52 PM	Men's 3000m Section A	Final
5:04 PM	Women's 3000m Section B	Final
5:17 PM	Women's 3000m Section A	Final
5:30 PM	Men's DMR	Final
5:45 PM	Women's DMR	Final

#### FIELD EVENTS

TIME	EVENT	ROUND
1:30 PM	Men's Shot Put	Final
2:00 PM	Women's Long Jump	Final
3:30 PM	Men's Pole Vault	Final
4:00 PM	Women's Shot Put	Final
4:00 PM	Men's Long Jump	Final
4:30 PM	Women's High Jump	Final

#### COMBINED EVENTS

TIME	EVENT	ROUND
9:00 AM	Men's Heptathlon	Final
	60m	
	Long Jump	
	Shot Put	
	High Jump	
9:15 AM	Women's Pentathlon	Final
	60m Hurdles	
	High Jump	
	Shot Put	
	Long Jump	
	800m	

### SUNDAY, FEBRUARY 25

#### TRACK EVENTS

TIME	EVENT	ROUND
11:50 AM	National Anthem	
12:00 PM	Men's Mile	Final
12:10 PM	Women's Mile	Final
12:20 PM	Men's 60m Hurdles	Final
12:30 PM	Women's 60m Hurdles	Final
12:40 PM	Men's 60m	Final
12:50 PM	Women's 60m	Final
1:00 PM	Men's 400m	Final
1:10 PM	Women's 400m	Final
1:20 PM	Men's 800m	Final
1:30 PM	Women's 800m	Final
1:40 PM	Men's 200m	Final
1:50 PM	Women's 200m	Final
2:00 PM	Men's 5000m Section A	Final
2:20 PM	Women's 5000m Section B	Final
2:45 PM	Women's 5000m Section A	Final
3:10 PM	Men's 4x400m	Final
3:20 PM	Women's 4x400m	Final

#### FIELD EVENTS

TIME	EVENT	ROUND
10:00 AM	Men's Triple Jump	Final
10:30 AM	Women's Weight Throw	Final
12:30 PM	Women's Triple Jump	Final
1:00 PM	Men's Weight Throw	Final
1:15 PM	Women's Pole Vault	Final
1:45 PM	Men's High Jump	Final

#### COMBINED EVENTS

TIME	EVENT	ROUND
9:00 AM	Men's Heptathlon	Final
	60m Hurdles	
	Pole Vault	
	1,000m	

