



### APPENDICES

### Championship Schedule of Events

#### 2025 SOUTHERN CONFERENCE INDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS

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

VMU  
Lexington, VA

#### FRIDAY, FEBRUARY 28

##### TRACK EVENTS

TIME	EVENT	ROUND
1:00 PM	National Anthem	
1:05 PM	Women's 3000m Section B	Final
1:17 PM	Men's 3000m Section B	Final
1:30 PM	Women's Mile	Trials
1:45 PM	Men's Mile	Trials
2:00 PM	Women's 60m Hurdles	Trials
2:10 PM	Men's 60m Hurdles	Trials
2:20 PM	Women's 60m	Trials
2:28 PM	Men's 60m	Trials
2:36 PM	Women's 400m	Trials
2:48 PM	Men's 400m	Trials
3:00 PM	Women's 800m	Trials
3:12 PM	Men's 800m	Trials
3:24 PM	Women's 200m	Trials
3:39 PM	Men's 200m	Trials
3:54 PM	Women's 3000m Section A	Final
4:07 PM	Men's 3000m Section A	Final
4:20 PM	Women's DMR	Final
4:35 PM	Men's DMR	Final

##### FIELD EVENTS

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

#### SATURDAY, MARCH 1

##### TRACK EVENTS

TIME	EVENT	ROUND
11:40 AM	National Anthem	
11:45 PM	Women's 5000m Section B	Final
12:10 PM	Men's 5000m Section B	Final
12:32 PM	Women's Mile	Final
12:40 PM	Men's Mile	Final
12:50 PM	Women's 60m Hurdles	Final
12:58 PM	Men's 60m Hurdles	Final
1:06 PM	Women's 60m	Final
1:12 PM	Men's 60m	Final
1:20 PM	Women's 400m	Final
1:28 PM	Men's 400m	Final
1:36 PM	Women's 800m	Final
1:44 PM	Men's 800m	Final
1:52 PM	Women's 200m	Final
1:58 PM	Men's 200m	Final
2:03 PM	Women's 5000m Section A	Final
2:28 PM	Men's 5000m Section A	Final
2:48 PM	Men's 4x400m	Final
2:58 PM	Women's 4x400m	Final

##### FIELD EVENTS

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

##### COMBINED EVENTS

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

*Will run the combined event 60m and women's 60m hurdles on the front stretch and not in the center of the track to allow for a more allow a more efficient transition to the Pentathlon High Jump.*