





2023 Indoor Track and Field Championships

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Feb. 25-26 • VMI • VMI Corps Physical Training Facility • Lexington, Va.

- Watch on ESPN+
- Live results
- · Schedule of events
- Championship program
 Day 1 heat sheets / Day 2 heat sheets
- Day 1 results / Final results
- Day 1 recap / Day 2 recap
- Day 1 photos / Day 2 photos
- #SoConTrack Record book

The 2023 SoCon Indoor Track and Field Championships will be contested at the VMI Corps Physical Training Facility in Lexington, Virginia, from Feb. 25-26. The championships will be hosted at VMI for the sixth straight season.

In 2022, Samford won its seventh straight women's title and its third consecutive men's title. VMI's Jordin Poindexter earned the Heath Whittle Award as the men's Most Outstanding Athlete and Western Carolina's Makaila McIntyre earned the women's Most Outstanding Athlete award. Six meet records fell on the weekend.

2022 Champions





Review of past championships: 2022 2021 2020 2019 2018 2017 2016 2015 2014 2013 2012 2011 2010

Participating institutions (men):

CIT // ETSU // FUR // UNCG // SAM // VMI // WCU // WOF

Participating institutions (women):
CIT // ETSU // FUR // UNCG // SAM // UTC // VMI // WCU // WOF

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