

# 2019 NJCAA Indoor Track & Field Championships

## Robert W. Plaster Center, Pittsburg, KS

### Schedule of Events

Friday, March 1st			Saturday, March 2nd		
<i>Combined Events</i>			<i>Combined Events</i>		
Time	Event	Gender	Time	Event	Gender
10:00 AM	60H Pentathlon	Women	10:00 AM	60H Heptathlon	Men
10:30 AM	60m Heptathlon	Men	11:00 AM	*Pole Vault Heptathlon	Men
11:00 AM	*High Jump Pentathlon	Women	3:00 PM	*1000m Heptathlon	Men
11:15 AM	*Long Jump Heptathlon	Men	<i>Field Events</i>		
12:45 PM	*Shot Put Pentathlon	Women	11:00 AM	Weight Throw	Men
12:45 PM	*Shot Put Heptathlon	Men	11:00 AM	Triple Jump	Women
2:00 PM	*High Jump Heptathlon	Men	2:00 PM	High Jump	Women
2:45 PM	*Long Jump Pentathlon	Women	2:00 PM	Triple Jump	Men
4:00 PM	*800m Pentathlon	Women	2:00 PM	Weight Throw	Women
<i>Field Events</i>			<i>Track Events (All Finals)</i>		
4:00 PM	Pole Vault	Women	12:00 PM	Opening Ceremonies	
4:30 PM	Long Jump	Men	12:30 PM	4x800m	Women
4:30 PM	Shot Put	Men	12:45 PM	4x800m	Men
6:00 PM	High Jump	Men	1:05 PM	60H	Women
7:00 PM	Pole Vault	Men	1:15 PM	60H	Men
7:30 PM	Long Jump	Women	1:25 PM	60m	Women
7:30 PM	Shot Put	Women	1:35 PM	60m	Men
<i>Track Events (Finals **)</i>			1:45 PM	600m	Women
3:00 PM	**Distance Medley Relay	Women	1:55 PM	600m	Men
3:20 PM	**Distance Medley Relay	Men	2:05 PM	Mile	Women
4:00 PM	**5000m	Women	2:20 PM	Mile	Men
4:45 PM	**5000m	Men	2:35 PM	400m	Women
5:20 PM	60H	Women	2:45 PM	400m	Men
5:35 PM	60H	Men	2:55 PM	800m	Women
5:50 PM	600m	Women	3:05 PM	800m	Men
6:05 PM	600m	Men	3:15 PM	200m	Women
6:30 PM	60m	Women	3:25 PM	200m	Men
6:40 PM	60m	Men	3:35 PM	1000m	Women
6:55 PM	400m	Women	3:45 PM	1000m	Men
7:10 PM	400m	Men	3:55 PM	4x400m	Women
7:35 PM	800m	Women	4:10 PM	4x400m	Men
7:50 PM	800m	Men	4:30 PM	Team Awards	
8:05 PM	200m	Women			
8:25 PM	200m	Men			
8:50 PM	**3000m	Women			
9:10 PM	**3000m	Men			
9:30 PM	1000m	Women			
9:40 PM	1000m	Men			

- \*Estimated start time. Each event will begin 30 minutes after the previous event has finished, as determined by the referee.
- \*\*Denotes Friday events that are timed finals with no prelims.
- Track event start times will not begin earlier than listed. The schedule will be dependent upon the number of entries per event, and times may be adjusted accordingly.