



2024 MIAC INDOOR CHAMPIONSHIP SCHEDULE
February 22-24, 2024
St. Olaf College – Northfield, MN – Tostrud Center

Thursday, February 22

2:00 Pentathlon Women
 (Estimate: 2:00 60H; 2:40 HJ; 5:00 SP; 6:15 LJ; 7:30 800)
 2:20 Heptathlon Men Day One
 (Estimate: 2:20 60m; 3:00 LJ, 4:15 SP, 5:30 HJ)

Friday, February 23

10:00 Heptathlon Men Day Two
 (Estimate: 10:00 60H, 11:00 PV, 2:30 1000M)

1:00 Implement Inspection begins
 2:00 Coaches Meeting
 2:20 National Anthem

2:30 Long Jump Women Final
 2:30 35 # Weight Men Final
 4:00 Pole Vault Men Final
 5:00 Long Jump Men Final
 5:00 High Jump Women Final
 5:00 20 # Weight Women Final

4:00 60 M Hurdles Women Prelims
 4:15 60 M Hurdles Men Prelims
 4:30 5000 Meters Women Final
 4:55 5000 Meters Men Final
 5:15 60 Meters Women Prelims
 5:25 60 Meters Men Prelims
 5:35 Mile Women Final
 6:00 Mile Men Final
 6:20 60 M Hurdles Men Final
 6:30 60 M Hurdles Women Final
 6:40 400 Meters Women Final
 6:55 400 Meters Men Final
 7:10 800 Meters Women Final
 7:25 800 Meters Men Final
 7:40 60 Meters Women Final
 7:45 60 Meters Men Final
 7:50 Distance Medley Women Final
 8:10 Distance Medley Men Final

Saturday, February 24

10:15 Implement Inspection begins
 11:35 National Anthem

11:00 Triple Jump Women Final – 28' & 32'
 11:00 Shot Put Men Final
 11:00 High Jump Men Final
 12:00 Pole Vault Women Final
 1:30 Triple Jump Men Final – 36' & 41'
 1:30 Shot Put Women Final

1:00 4 x 200 Relay Women Final
 1:15 4 x 200 Relay Men Final
 1:30 3000 Meters Women Final – Section 1
 1:45 3000 Meters Men Final – Section 1
 2:00 600 Meters Women Final
 2:15 600 Meters Men Final
 2:30 1000 Meters Women Final
 2:45 1000 Meters Men Final
 3:00 200 Meters Women Final
 3:20 200 Meters Men Final
 3:40 3000 Meters Women Final – Section 2
 3:55 3000 Meters Men Final – Section 2
 4:10 4 x 400 Relay Women Final
 4:25 4 x 400 Relay Men Final

NOTE: Facilities allowing, the M/W long jump, triple jump, and high jump shall flip-flop with a schedule as follows:

Friday	Odd Years	Even Years
early	LJ Men	LJ Women
late	LJ Women	LJ Men
late	HJ Men	HJ Women
	PV Women	

Saturday	Odd Years	Even Years
early	TJ Men	TJ Women
early	HJ Women	HJ Men
late	TJ Women	TJ Men
	PV Men	