



2018 Southern Conference
Indoor Track and Field Championships
Hosted By: Virginia Military Institute
February 24-25, 2018

Saturday, February 24

10:00 am Women's Pent 60mH
Women's Pent HJ
Women's Pent SP
Women's Pent LJ
Women's Pent 800m
10:15 am Men's Hept 60m
Men's Hept LJ
Men's Hept SP
Men's Hept HJ
1:45 pm Men's Mile Trials
2:00 pm Men's Long Jump
2:00 pm Women's Shot Put
2:05 pm Women's Mile Trials
2:30 pm Men's 60m H Trials
2:45 pm Women's 60m H Trials
3:00 pm Men's 60m Trials
3:10 pm Women's 60m Trials
3:20 pm Men's 400m Trials
3:20 pm Women's Pole Vault
3:30 pm Women's 400m Trials
3:40 pm Men's 800m Trials
3:45 pm Men's High Jump
3:45 pm Men's Shot Put
3:50 pm Women's 800m Trials
4:00 pm Women's Long Jump
4:10 pm Men's 200m Trials
4:30 pm Women's 200m Trials
4:50 pm Men's B 3000m (if needed)
5:00 pm Men's 3000m Final
5:10 pm Women's B 3000m (if needed)
5:25 pm Women's 3000m Final
5:40 pm Men's DMR Final
5:55 pm Women's DMR Final

Sunday, February 25

9:15 am Men's Hept 60m H
Men's Hept PV
Men's Hept 1,000m
10:30 am Men's Weight Throw
10:30 am Women's Triple Jump
11:30 pm Men's Mile Final
11:40 pm Women's Mile Final
12:00 pm Men's 60m H Final
12:00 pm Men's Pole Vault
12:10 pm Women's 60m H Final
12:20 pm Men's 60m Final
12:30 pm Women's 60m Final
12:30 pm Men's Triple Jump
12:40 pm Men's 400m Final
12:50 pm Women's 400m Final
1:00 pm Men's 800m Final
1:00 pm Women's High Jump
1:00 pm Women's Weight Throw
1:10 pm Women's 800m Final
1:20 pm Men's 200m Final
1:30 pm Women's 200m Final
1:40 pm Men's 5000m B
2:00 pm Men's 5000m A
2:20 pm Women's 5000 B
2:40 pm Women's 5000 A
3:00 pm Men's 4x400m Final
3:10 pm Women's 4x400m Final
3:40 pm Awards Ceremony