

2008 Indoor Heptagonal Championships

Schedule of Events

Saturday, March 1

| | | |
|-------|----------------------|-------|
| 11:00 | 35# Weight | Men |
| 12:00 | Long Jump | Men |
| 12:00 | Pole Vault | Men |
| 12:00 | 60H Trials | Men |
| 12:20 | 60 Trials | Men |
| 12:35 | Mile Trials | Men |
| 12:50 | 60H Semis | Men |
| 1:00 | 60H Pent | Women |
| 1:10 | 60 Hept | Men |
| 1:20 | 400 Trials | Men |
| 1:30 | 20# Weight | Women |
| 1:35 | 60 Semis | Men |
| 1:45 | 500 Trials | Men |
| 2:00 | 800 Trials | Men |
| 2:00* | High Jump Pent | Women |
| 2:10* | Long Jump Hept | Men |
| 2:15 | 1000 Trials | Men |
| 2:30 | 3000 Unseeded | Men |
| 2:30 | 3000 Seeded | Men |
| 3:00 | Pole Vault | Women |
| 3:00 | 60H Trials | Women |
| 3:00 | Long Jump | Women |
| 3:15 | 60 Trials | Women |
| 3:30* | Shot Put Hept | Men |
| 3:30 | Mile Trials | Women |
| 3:45 | 60H Semis | Women |
| 3:55 | 400 Trials | Women |
| 4:10 | 60 Semis | Women |
| 4:20 | 800 Trials | Women |
| 4:30* | Shot Put Pent | Women |
| 4:35 | 200 Trials | Women |
| 4:45 | High Jump Hept | Men |
| 4:50 | 5000 Unseeded | Women |
| 4:50 | 5000 Seeded | Women |
| 5:30 | 200 Semis | Women |
| 5:30* | Long Jump Pent | Women |
| 6:30* | 800 Pent | Women |

Sunday, March 2

| | | |
|--------|------------------------|-------|
| 11:00 | 60H Hept | Men |
| 11:00 | High Jump | Women |
| 11:30 | Triple Jump | Men |
| 12:00* | Pole Vault Hept | Men |
| 12:00 | Shot Put | Men |
| 12:00 | Mile | Men |
| 12:10 | Mile | Women |
| 12:20 | 60H | Men |
| 12:30 | 60H | Women |
| 12:40 | 400 | Men |
| 12:45 | 400 | Women |
| 12:50 | 500 | Men |
| 1:00 | 60 | Men |
| 1:05 | 60 | Women |
| 1:10 | 800 | Men |
| 1:15 | 800 | Women |
| 1:20 | 1000 | Men |
| 1:30 | High Jump | Men |
| 1:30 | 200 | Women |
| 1:40 | 5000 Unseeded | Men |
| 1:40 | 5000 Seeded | Men |
| 2:00 | Triple Jump | Women |
| 2:20 | 3000 Unseeded | Women |
| 2:20 | 3000 Seeded | Women |
| 2:20 | Shot Put | Women |
| 2:45* | 1000 Hept | Men |
| 3:00 | Distance Medley | Men |
| 3:15 | 4X800 | Men |
| 3:25 | 4X400 Unseeded | Men |
| 3:35 | 4X400 Seeded | Men |
| 3:45 | 4X800 | Women |
| 3:55 | 4X400 Unseeded | Women |
| 4:00 | 4X400 Seeded | Women |

Event Finals in **BOLD**

*Times for Heptathlon and Pentathlon are approximate

2008 Indoor Heptagonal Championships

Timeline by Gender

Women's Events

| | | |
|------------------|--------------|----------|
| 60 H Pent | 1:00 | Saturday |
| 20# Weight | 1:30 | Saturday |
| High Jump Pent | 2:00* | Saturday |
| Long Jump | 3:00 | Saturday |
| 60 H Trials | 3:00 | Saturday |
| Pole Vault | 3:00 | Saturday |
| 60 Trials | 3:15 | Saturday |
| Mile Trials | 3:30 | Saturday |
| 60 H Semis | 3:45 | Saturday |
| 400 Trials | 3:55 | Saturday |
| 60 Semis | 4:10 | Saturday |
| 800 Trials | 4:20 | Saturday |
| Shot Put Pent | 4:30* | Saturday |
| 200 Trials | 4:35 | Saturday |
| 5000 Unseeded | 4:50 | Saturday |
| 5000 Seeded | 4:50 | Saturday |
| 200 Semis | 5:30 | Saturday |
| Long Jump Pent | 5:30* | Saturday |
| 800 Pent | 6:30* | Saturday |
| High Jump | 11:00 | Sunday |
| Mile | 12:10 | Sunday |
| 60 H | 12:30 | Sunday |
| 400 | 12:45 | Sunday |
| 60 | 1:05 | Sunday |
| 800 | 1:15 | Sunday |
| 200 | 1:30 | Sunday |
| Triple Jump | 2:00 | Sunday |
| 3000 Unseeded | 2:20 | Sunday |
| 3000 Seeded | 2:20 | Sunday |
| Shot Put | 2:20 | Sunday |
| 4 X 800 | 3:45 | Sunday |
| 4 X 400 Unseeded | 3:55 | Sunday |
| 4 X 400 Seeded | 4:00 | Sunday |

Men's Events

| | | |
|------------------|---------------|----------|
| 35# Weight | 11:00 | Saturday |
| Long Jump | 12:00 | Saturday |
| Pole Vault | 12:00 | Saturday |
| 60 H Trials | 12:00 | Saturday |
| 60 Trials | 12:20 | Saturday |
| Mile Trials | 12:35 | Saturday |
| 60 H Semis | 12:50 | Saturday |
| 60 Hept | 1:10 | Saturday |
| 400 Trials | 1:20 | Saturday |
| 60 Semis | 1:35 | Saturday |
| 500 Trials | 1:45 | Saturday |
| 800 Trials | 2:00 | Saturday |
| Long Jump Hept | 2:10* | Saturday |
| 1000 Trials | 2:15 | Saturday |
| 3000 Unseeded | 2:30 | Saturday |
| 3000 Seeded | 2:30 | Saturday |
| Shot Put Hept | 3:30* | Saturday |
| High Jump Hept | 4:45* | Saturday |
| 60 H Hept | 11:00* | Sunday |
| Triple Jump | 11:30 | Sunday |
| Pole Vault Hept | 12:00 | Sunday |
| Shot Put | 12:00 | Sunday |
| Mile | 12:00 | Sunday |
| 60 H | 12:20 | Sunday |
| 400 | 12:40 | Sunday |
| 500 | 12:50 | Sunday |
| 60 | 1:00 | Sunday |
| 800 | 1:10 | Sunday |
| 1000 | 1:20 | Sunday |
| High Jump | 1:30 | Sunday |
| 5000 Unseeded | 1:40 | Sunday |
| 5000 Seeded | 1:40 | Sunday |
| 1000 Hept | 2:45* | Sunday |
| Distance Medley | 3:00 | Sunday |
| 4 X 800 | 3:15 | Sunday |
| 4 X 400 Unseeded | 3:25 | Sunday |
| 4 X 400 Seeded | 3:35 | Sunday |

*Times for the Heptathlon & Pentathlon Events are approximate