### 2016 MIAC INDOOR CHAMPIONSHIP SCHEDULE
March 3-5, 2016
Carleton College – Northfield, MN – Recreation Center

#### Thursday, March 3
- **2:00** Pentathlon Women  
  (Estimate: 2:00 55H; 2:40 HJ; 5:00 SP; 6:15 LJ; 7:30 800)
- **2:15** Heptathlon Men Day One  
  (Estimate: 2:15 60; 3:00 LJ, 4:15 SP, 5:30 HJ)

#### Friday, March 4
- **10:30** Heptathlon Men Day Two  
  (Estimate: 10:30 55H, 11:30 PV, 3:00 1000M)
- **4:00** Long Jump Women Final
- **4:00** 35 # Weight Men Final
- **5:00** Pole Vault Men Final
- **6:15** Long Jump Men Final  
  (to begin 30 minutes after Women’s LJ)
- **6:15** High Jump Women Final
- **6:15** 20 # Weight Women Final
- **4:30** 55 Hurdles Women Prelims
- **4:40** 55 Hurdles Men Prelims
- **4:55** 5000 Meters Women Final
- **5:15** 5000 Meters Men Final
- **5:35** 55 Meters Women Prelims
- **5:45** 60 Meters Men Prelims
- **5:55** Mile Women Final
- **6:20** Mile Men Final
- **6:45** 55 M Hurdles Men Final
- **6:50** 55 M Hurdles Women Final
- **6:55** 400 Meters Women Final
- **7:05** 400 Meters Men Final
- **7:15** 800 Meters Women Final
- **7:30** 800 Meters Men Final
- **7:45** 55 Meters Women Final
- **7:50** 55 Meters Men Final
- **7:55** Distance Medley Women Final
- **8:10** Distance Medley Men Final

#### Saturday, March 5
- **11:45** Triple Jump Women Final – 30’ & 36’
- **11:45** Shot Put Men Final
- **12:00** High Jump Men Final
- **12:30** Pole Vault Women Final
- **2:00** Triple Jump Men Final – 36’ & 41’  
  (to begin 30 minutes after Women’s TJ)
- **2:00** 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
- **3:15** 200 Meters Men Final
- **3:30** 3000 Meters Women Final – Section 2
- **3:45** 3000 Meters Men Final – Section 2
- **4:00** 4 x 400 Relay Women Final
- **4:15** 4 x 400 Relay Men Final