

# Northeast-10 Indoor Track & Field Championships

## 2025 Schedule of Events

**Saturday, February 22nd, & Sunday, February 23rd, 2025**

(updated 2/20/25)

### SATURDAY, February 22nd - DAY 1 ---- (10am-6pm)

Track events	Field Events	Combined Events	
12p Coaches meeting	1p W Pole Vault	10a W Pentathlon (60HH, HJ, SP, LJ, 800m)	
12:45p National Anthem	Followed by M Pole Vault (30 mins after W PV concludes)	10:15a M Heptathlon (60m, LJ, SP, HJ)	
1:00p W 60HH prelim	2p W Weight Throw		
1:15p M 60HH prelim	Followed by M Weight Throw (30 mins after W WT concludes)		
1:25p W 60m prelim	3:15p W Long Jump		
1:35p M 60m prelim	3:15p M Long Jump		
<b>1:48p TRACK RAISED</b>			
1:55p W 400m prelim			
2:15p M 400m prelim			
2:35p W 800m prelim			
2:45p M 800m prelim			
2:55p W 5k			
3:25p M 5k			
3:45p W Pent 800m			
3:55p W 200m prelim			
4:10p M 200m prelim			
4:25p W DMR			
4:40p M DMR			
~5p Medal presentations (Pent, PV, WT, 5k, DMR, LJ)			

  

Est. Combined events time schedule:			
<b>W Pentathlon</b>		<b>M Heptathlon</b>	
60HH (4 heats)	10a-10:15a	60m dash (2 heats)	10:15a-10:20a
	*30 mins*		*30 mins*
HJ (1.5 hrs)	10:45a-12:15p	LJ (40 mins)	10:50a-11:30a
	*30 mins*		*30 mins*
SP (40 mins)	12:45p-1:25p	SP (40 mins)	12p-12:40p
	*30 mins*		*30 mins*
LJ (45 mins)	~2p	HJ	~2:25p
	*30 mins* (or more)		
Pent 800m	3:45p (scheduled)		
		(1:55p - HJ pits set up after track is raised, then begin 30 mins after that)	

### SUNDAY, February 23rd - DAY 2 ---- (10am-4pm)

Track events	Field Events	Combined Events	
10:45a National Anthem	11a W Shotput	10a Heptathlon (60HH, PV, 1000m)	
11a M 60HH final	11a W Triple Jump		
11:05a W 60HH final	11a M Triple Jump		
11:15a W 60m dash final	12:30p W High Jump		
11:20a M 60m dash final	12:30p M High Jump		
11:25a <b>TRACK RAISED</b>	1p M Shotput		
11:40a W Mile final			
11:55a M Mile final			
12:10p W 400m final			
12:25p M 400m final			
12:40p W 800m final			
12:45p M 800m final			
12:50p W 3k			
1:05p M 3k			
1:20p M Heptathlon 1000m			
1:25p W 200m final			
1:35p M 200m final			
1:45p W 4x800m relay			
2:00p M 4x800m relay			
2:10p W 4x400m relay			
2:25p M 4x400m relay			
~2:45p Medal presentations			