



2012 Indoor Track and Field Championships

February 11, 2012

Westwood Sports Complex: Sterling, Illinois

Schedule of Events

Saturday, February 13, 2010

Weigh Ins

9:00am-9:30am

Field Events

10:00am	Wt. Throw	Men followed by Women	
	Long Jump	Men followed by Women	
	High Jump	Women followed by Men	
	Pole Vault	Women followed by Men	

	Shot Put	After conclusion of Wt. Throw	Men followed by Women
	Triple Jump	After conclusion of Long Jump	Men followed by Women

Running Events

12:00pm	DMR	Women	
	DMR	Men	
	5000m	Women	
	5000m	Men	
	55m H	Women	Prelims
	55m H	Men	Prelims
	55m	Women	Prelims
	55m	Men	Prelims
	600m	Women	
	600m	Men	
	55m H	Women	Finals
	55m H	Men	Finals
	55m	Women	Finals
	55m	Men	Finals
	Mile	Women	
	Mile	Men	
	400m	Women	
	400m	Men	
	Estimated 30 min. BREAK (at conclusion of Men's 400m)		
	800m	Women	
	800m	Men	
	200m	Women	
	200m	Men	
	3000m	Women	
	3000m	Men	
	4x800m	Women	
	4x800m	Men	
	4x400m	Women	
	4x400m	Men	

Awards Ceremony