



# SPOKANE INDOOR CHALLENGE

## FINAL SCHEDULE

January 13-14, 2023

### Friday January 13, 2023

#### EVENING EVENTS

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7:00 p.m.	Men's High Jump (2 pits)
7:00 p.m.	Men's Weight Throw
7:00 p.m.	Women's 5000 Meters
7:30 p.m.	Men's 5000 Meters
7:50 p.m.	Women's DMR
8:05 p.m.	Men's DMR

### Saturday January 14, 2023

#### FIELD EVENTS

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10:00 a.m.	Women's Weight Throw
10:30 a.m.	Women's Pole Vault (1 pit)
10:00 a.m.	Women's Long Jump
10:00 a.m.	Men's Long Jump
~12:30 p.m.	Men's Shot Put (to follow Women's Weight)
1:30 p.m.	Women's Shot Put
2:00 p.m.	Women's High Jump (2 pit)
2:00 p.m.	Men's Pole Vault (2 pits)
2:00 p.m.	Women's Triple Jump
2:00 p.m.	Men's Triple Jump

#### RUNNING EVENTS

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9:15 a.m.	Men's 3000 Meters (Sect 1-2)
10:00 a.m.	Women's 60m Hurdles, QUALIFYING
10:15 a.m.	Women's 60 Meters, QUALIFYING
10:25 a.m.	Men's 60 Meters, QUALIFYING
10:50 a.m.	Women's 60m Hurdles, Prelim
11:05 a.m.	Men's 60m Hurdles, Prelim
11:20 a.m.	Women's 60 Meters, Prelim
11:30 a.m.	Men's 60 Meters Prelim
11:45 a.m.	Women's 60m Hurdles, FINAL
11:50 a.m.	Men's 60m Hurdles, FINAL
11:55 a.m.	Women's 60 Meters, FINAL
12:00 p.m.	Men's 60 Meters FINAL
12:15 p.m.	Women's Mile
12:35 p.m.	Men's Mile
12:50 p.m.	Women's 400 Meters
1:10 p.m.	Men's 400 Meters
1:35 p.m.	Women's 800 Meters
1:45 p.m.	Men's 800 Meters
2:00 p.m.	Women's 200 Meters
2:30 p.m.	Men's 200 Meters
3:00 p.m.	Women's 3000 Meters
3:15 p.m.	Men's 3000 Meters
3:40 p.m.	Women's 4x400-Meter Relay
4:05 p.m.	Men's 4x400 Meter Relay

\*Per NCAA rule, heats will be run slow to fast, except for the 200 and 400 will be fast to slow