

**Friday Indoor Time Schedule**  
updated - Fri, 27 Jan, 2017

Event	Gender	Time	Format	Day
Heptathlon-60m	Men	10:00 am	Finals	Friday
Pentathlon-60mHurdles	Women	10:15 am	Finals	Friday
Heptathlon-LJ	Men	10:35 am	3 Jumps	Friday
Pentathlon-HJ	Women	10:45 am	Five Alive	Friday
Heptathlon-SP	Men	11:55 am	3 Throws	Friday
Pole Vault	Women	12:00 pm	Five Alive	Friday
Pentathlon-SP	Women	12:40 pm	3 Throws	Friday
5000 Meters-Unseeded	Women	1:20 pm	1 Section	Friday
Heptathlon-HJ	Men	1:30 pm	Five Alive	Friday
400 Meters	Women	1:40 pm	Heats	Friday
Pentathlon-LJ	Women	1:45 pm	Five Alive	Friday
500 Meters	Women	2:00 pm	Heats	Friday
Weight Throw	Women	2:00 pm	Top 9 Finals	Friday
800 Meters	Women	2:20 pm	Heats	Friday
1000 Meters	Women	2:40 pm	Heats	Friday
200 Meters	Women	2:55 pm	Heats	Friday
Long Jump	Women	3:00 pm	Top 9 Finals	Friday
Pentathlon-800m	Women	3:05 pm	Finals	Friday
5000 Meters-Seeded	Women	3:15 pm	Finals	Friday
Distance Medley	Women	3:35 pm	Finals	Friday
High Jump	Men	4:00 pm	Five Alive	Friday
Pole Vault	Men	4:00 pm	Five Alive	Friday
Weight Throw	Men	4:30 pm	Top 9 Finals	Friday
Long Jump	Men	5:00 pm	Top 9 Finals	Friday
5000 Meters-Unseeded	Men	5:30 pm	1 Section	Friday
400 Meters	Men	5:35 pm	Heats	Friday
500 Meters	Men	5:50 pm	Heats	Friday
800 Meters	Men	6:15 pm	Heats	Friday
1000 Meters	Men	6:30 pm	Heats	Friday
200 Meters	Men	6:45 pm	Heats	Friday
5000 Meters-Seeded	Men	7:00 pm	1 Section	Friday
Distance Medley	Men	7:20 pm	Finals	Friday

**Saturday Indoor Time Schedule**  
updated - Fri, 27 Jan, 2017

Event	Gender	Time	Format	Day
Heptathlon-60m Hurdles	Men	10:00 am	Finals	Saturday
Shot Put	Women	10:30 am	Top 9 Finals	Saturday
Triple Jump	Women	10:30 am	Top 9 Finals	Saturday
Heptathlon-PV	Men	10:45 am	Five Alive	Saturday
1 Mile Run-Unseeded	Women	12:00 pm	2 Sections	Saturday
1 Mile Run-Unseeded	Men	12:15 pm	2 Sections	Saturday
3000 Meters-Unseeded	Women	12:25 pm	1 Section	Saturday
3000 Meters	Men	12:40 pm	1 Section	Saturday
60 Meter Hurdles	Women	12:55 pm	Semi-finals	Saturday
60 Meter Hurdles	Men	1:05 pm	Semi-finals	Saturday
60 Meters	Women	1:15 pm	Semi-finals	Saturday
60 Meters	Men	1:25 pm	Semi-finals	Saturday
1 Mile Run	Women	1:40 pm	Finals	Saturday
1 Mile Run	Men	1:50 pm	Finals	Saturday
Triple Jump	Men	1:00 pm	Top 9 Finals	Saturday
Shot Put	Men	1:00 pm	Top 9 Finals	Saturday
60 Meter Hurdles	Men	2:00 pm	Finals	Saturday
60 Meter Hurdles	Women	2:10 pm	Finals	Saturday
Heptathlon-1000m	Men	2:15 pm	Finals	Saturday
60 Meters	Women	2:20 pm	Finals	Saturday
60 Meters	Men	2:25 pm	Finals	Saturday
400 Meters	Women	2:30 pm	Finals	Saturday
400 Meters	Men	2:35 pm	Finals	Saturday
500 Meters	Women	2:40 pm	Finals	Saturday
500 Meters	Men	2:45 pm	Finals	Saturday
800 Meters	Women	2:50 pm	Finals	Saturday
800 Meters	Men	2:55 pm	Finals	Saturday
High Jump	Women	3:15 pm	Five Alive	Saturday
1000 Meters	Women	3:10 pm	Finals	Saturday
1000 Meters	Men	3:15 pm	Finals	Saturday
200 Meters	Women	3:20 pm	Finals	Saturday
200 Meters	Men	3:25 pm	Finals	Saturday
3000 Meters-Seeded	Women	3:30 pm	Finals	Saturday
3000 Meters-Seeded	Men	3:45 pm	Finals	Saturday
4x800 Meter Relay	Women	4:00 pm	Finals	Saturday
4x800 Meter Relay	Men	4:20 pm	Finals	Saturday
4x400 Meter Relay	Women	4:40 pm	Finals	Saturday
4x400 Meter Relay	Men	4:55 pm	Finals	Saturday