

2025 ACC INDOOR TRACK & FIELD CHAMPIONSHIPS

COMPETITION SCHEDULE

Saturday, March 1st

Running Events		Field Events		Combined Events	
4:05 PM	Women's 5000m Unseeded (FINAL)	3:15 PM	Women's Weight Throw	11:00 AM	Heptathlon (60m, LJ, SP, HJ)
4:30 PM	Men's 5000m Unseeded (FINAL)	4:00 PM	Women's Pole Vault	11:20 AM	Pentathlon (60mH, HJ, SP, LJ, 800m)
5:00 PM	Women's 200m (Prelims)	5:45 PM	Men's High Jump		
5:30 PM	Men's 200m (Prelims)	6:00 PM	Men's Weight Throw		
6:00 PM	Women's 5000m Seeded (FINAL)				
6:30 PM	Men's 5000m Seeded (FINAL)				
7:00 PM	Women's DMR (FINAL)				
7:30 PM	Men's DMR (FINAL)				

Sunday, March 2nd

Running Events		Field Events		Combined Events	
3:15 PM	Women's Mile (Prelims)	1:00 PM	Women's High Jump	11:00 AM	Heptathlon (60mH, PV, 1000m)
3:45 PM	Men's Mile (Prelims)	2:15 PM	Women's Long Jump		
4:35 PM	Women's 60mH (Prelims)	5:45 PM	Men's Long Jump		
5:10 PM	Men's 60mH (Prelims)				
5:35 PM	Women's 400m (Prelims)				
5:55 PM	Men's 400m (Prelims)				
6:40 PM	Women's 60m (Prelims)				
6:55 PM	Men's 60m (Prelims)				
7:15 PM	Women's 800m (Prelims)				
7:30 PM	Men's 800m (Prelims)				

Monday, March 3rd

Running Events		Field Events	
12:00 PM	Women's Mile (FINAL)	11:00 AM	Women's Triple Jump
12:10 PM	Men's Mile (FINAL)	11:15 AM	Women's Shot Put
12:30 PM	Women's 60mH (FINAL)	12:00 PM	Men's Pole Vault
12:50 PM	Men's 60mH (FINAL)	1:30 PM	Men's Shot Put
1:00 PM	Women's 400m (FINAL)	1:45 PM	Men's Triple Jump
1:10 PM	Men's 400m (FINAL)		
1:20 PM	Women's 60m (FINAL)		
1:30 PM	Men's 60m (FINAL)		
1:40 PM	Women's 800m (FINAL)		
1:50 PM	Men's 800m (FINAL)		
2:00 PM	Women's 200m (FINAL)		
2:10 PM	Men's 200m (FINAL)		
2:20 PM	Women's 3000m (FINAL)		
2:55 PM	Men's 3000m (FINAL)		
3:25 PM	Women's 4x400m Relay (FINAL)		
3:50 PM	Men's 4x400m Relay (FINAL)		
TBD	Awards Ceremony		

