

University of Central Missouri Indoor Mule Relays

Final - Updated Time Schedule at 1/26/2023

Friday January 27th, 2023

Combined Events

4:00 PM	Pentathlon	60 Meters Hurdles	Women
4:15	Heptathlon	60 Meters	Men
*4:40	Pentathlon	High Jump	Women
*4:50	Heptathlon	Long Jump	Men
*5:40	Heptathlon	Shot Put	Men
*5:40	Pentathlon	Shot Put	Women
*6:10	Heptathlon	High Jump	Men
*6:20	Pentathlon	Long Jump	Women
*7:05	Pentathlon	800 Meter Run	Women

Saturday January 28th, 2023

Combined Events

10:00 AM	Heptathlon	60 Meter Hurdles	Men
*10:45	Heptathlon	Pole Vault	Men
*12:00	Heptathlon	1000 Meter Run	Men

Field Events

1:00 PM	Pole Vault	Men
	Long Jump	Men (North Pit)
	Long Jump	Women (South Pit)
	High Jump	Women
	Weight Throw	Men
	Shot Put	Women
3:00	Pole Vault	Women
	Triple Jump	Men (North Pit)
	Triple Jump	Women (South Pit)
	High Jump	Men
	Weight Throw	Women
	Shot Put	Men

Running Events

5:00 PM	60 Meter Hurdles	Men/Women	Trials	Top 6 Times Qualify
5:15	60 Meter Dash	Men/Women	Trials	Top 7 Times Qualify
5:50	Mile Run	Women/Men	Finals	
6:30	60 Meter Hurdles	Women/Men	Finals	
6:40	60 Meter Dash	Women/Men	Finals	
6:50	400 Meter Dash	Women/Men	Finals	
7:15	600 Yard Run	Women/Men	Finals	
7:35	800 Meter Run	Women/Men	Finals	
7:55	200 Meter Dash	Women/Men	Finals	
8:35	3000 Meter Run	Women/Men	Finals	
9:00	1600 Meter Relay	Women/Men	Finals	
9:15	3200 Meter Relay	Women/Men	Finals	

* Estimated time of event start