



2025 SEC INDOOR TRACK AND FIELD CHAMPIONSHIPS



Hosted by Texas A&M University

THURSDAY February 27, 2025

RUNNING EVENTS

4:45 PM	W	Pentathlon 800 Meters
5:00 PM	M	200 Meters Prelims
5:20 PM	W	200 Meters Prelims
6:00 PM	M	5,000 Meters Final
6:25 PM	W	5,000 Meters Final
6:50 PM	M	Distance Medley Relay Final
7:20 PM	W	Distance Medley Relay Final

FIELD EVENTS

4:00 PM	M	Pole Vault Final
5:00 PM	M	Long Jump Final
5:00 PM	W	Long Jump Final

PENTATHLON

11:30 AM	W	Pentathlon 60 Meter Hurdles
12:15 PM	W	Pentathlon High Jump (2 pits)*
2:30 PM	W	Pentathlon Shot Put (1 rings)*
3:30 PM	W	Pentathlon Long Jump (2 pits)*
4:45 PM	W	Pentathlon 800 Meters

HEPTATHLON – DAY 1

11:45 AM	M	Heptathlon 60 Meters
12:25 PM	M	Heptathlon Long Jump (2 pits)*
1:30 PM	M	Heptathlon Shot Put (2 rings)*
2:30 PM	M	Heptathlon High Jump (2 pits)*

FRIDAY February 28, 2025

RUNNING EVENTS

4:00 PM	M	1 Mile Prelims
4:15 PM	W	1 Mile Prelims
4:30 PM	M	60 Meters Prelims
4:45 PM	W	60 Meters Prelims
5:00 PM	M	400 Meters Prelims
5:25 PM	W	400 Meters Prelims
5:50 PM	M	Heptathlon 1,000 Meters
6:00 PM	M	800 Meters Prelims
6:12 PM	W	800 Meters Prelims
6:25 PM	M	60 Meter Hurdles Prelims
6:37 PM	W	60 Meter Hurdles Prelims

FIELD EVENTS

11:00 AM	M	Weight Throw Final
1:30 PM	W	Weight Throw Final
2:00 PM	M	High Jump Final

HEPTATHLON – DAY 2

12:30 PM	M	Heptathlon 60 Meter Hurdles*
1:30 PM	M	Heptathlon Pole Vault (1 pit)*
5:50 PM	M	Heptathlon 1,000 Meters

SATURDAY March 1, 2025

RUNNING EVENTS

4:05 PM	M	1 Mile Final
4:15 PM	W	1 Mile Final
4:25 PM	M	60 Meters Final
4:32 PM	W	60 Meters Final
4:40 PM	M	400 Meters Final
4:50 PM	W	400 Meters Final
5:00 PM	M	800 Meters Final
5:07 PM	W	800 Meters Final
5:15 PM	M	60 Meter Hurdles Final
5:22 PM	W	60 Meter Hurdles Final
5:30 PM	M	200 Meters Final
5:40 PM	W	200 Meters Final
5:50 PM	M	3,000 Meters -2 Sec Final
6:20 PM	W	3,000 Meters- 2 Sec Final
6:45 PM	M	4x400 Meter Relay Final
7:00 PM	W	4x400 Meter Relay Final

FIELD EVENTS

2:00 PM	W	High Jump Final
3:00 PM	M	Shot Put Final
3:30 PM	W	Pole Vault Final
4:05 PM	M	Triple Jump Final
4:45 PM	W	Triple Jump Final
5:00 PM	W	Shot Put Final

* Combined event times are estimated except for the first event and final event (Hep 1,000M & Pent 800M) which is intended to be run as scheduled.

Updated 1/13/2025: Five-minute adjustment on Saturday. Start Men's 400M Final at 4:40 instead of 4:45 and adjusted subsequent Saturday events the same.

Updated 1/20/2025: Moved both 5K events based on a single section final and the women's DMR based on a two-section final.