

2021 NJCAA Indoor Championship Schedule

Friday – Day 1			Saturday – Day 2		
Combined Events			Combined Events		
Time	Event	Gender	Time	Event	Gender
9:00 AM	60 H Pentathlon	Women	9:30 AM	60H Heptathlon	Men
9:15 AM	60m Heptathlon	Men	10:30 AM	Pole Vault Heptathlon	Men
10:00 AM	High Jump Pentathlon	Women	2:30 PM	1000m Heptathlon	Men
10:00 AM	Long Jump Heptathlon	Men	Field Events		
11:30 AM	Shot Put Heptathlon	Men	10:30 AM	High Jump	Women
12:30:PM	Shot Put Pentathlon	Women	11:00 AM	Shot Put	Men
1:00 PM	High Jump Heptathlon	Men	11:00 AM	Triple Jump	Men
1:45 PM	Long Jump Pentathlon	Women	1:45 PM	Triple Jump	Women
3:00 PM	800m Pentathlon	Women	2:00 PM	Shot Put	Women
Field Events			Running Events		
10:30 AM	Pole Vault	Women	12:00 PM	Opening Ceremonies	
1:00 PM	Pole Vault	Men	12:30 PM	4x800m	Women
1:30 PM	Weight Throw	Men	12:45 PM	4x800m	Men
5:30 PM	Long Jump	Men	1:05 PM	60H	Women
7:30 PM	Long Jump	Women	1:15 PM	60H	Men
7:00 PM	High Jump	Men	1:25 PM	60m	Women
6:00 PM	Weight Throw	Women	1:35 PM	60m	Men
Running Events (Finals*)			1:45 PM	600m	Women
10:30 AM	*Distance Medley Relay	Women	1:55 PM	600m	Men
10:50 AM	*Distance Medley Relay	Men	2:05 PM	Mile	Women
11:30 AM	*5000m	Women	2:20 PM	Mile	Men
12:15 PM	*5000m	Men	2:35 PM	400m	Women
12:50 PM	60H	Women	2:45 PM	400m	Men
1:05 PM	60H	Men	2:55 PM	800m	Women
1:20 PM	600m	Women	3:05 PM	800m	Men
1:35 PM	600m	Men	3:15 PM	200m	Women
2:00 PM	60m	Women	3:25 PM	200m	Men
2:10 PM	60m	Men	3:35 PM	1000m	Women
5:25 PM	400m	Women	3:45 PM	1000m	Men
5:40 PM	400m	Men	3:55 PM	4x400m	Women
6:05 PM	800m	Women	4:10 PM	4x400m	Men
6:20 PM	800m	Men	4:30 PM	Team Awards	
6:35 PM	200m	Women			
6:55 PM	200m	Men			
7:20 PM	*3000m	Women	* Denotes Friday events that are timed finals with no prelims.		
7:40 PM	*3000m	Men			
8:00 PM	1000m	Women			
8:10 PM	1000m	Men			

Track event start times will not begin earlier than listed. The schedule will be dependent upon the number of entries per event, and times may be adjusted accordingly.

**** Notice**, due to COVID-19, Friday's schedule will be divided into two sessions. The morning session is highlighted in yellow.