

TFCUSA Indoor National Championship 2022

CrossPlex

2331 Bessemer Road

Birmingham, AL

Sunday, February 13, 2022

All Running events will start at the time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their scheduled heat is run will be scratched from the event. All Field Events will follow schedule below. **This is a rolling schedule.** Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the **Field Event Official – ONLY** - at the appropriate time.

Field Event athletes will have 10 minutes to report back to their Field Event Area after their running event and they must be ready to compete.

| Running Event Schedule | |
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| | 8:00 AM start and then ROLLING SCHEDULE |
| Time | All heats are Finals |
| 8:00 AM | 60 Meter Hurdles 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B |
| Rolling | 1500m Race Walk 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B |
| Rolling | 60m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B 4-6G/B; then the 1-3G/B (Diaper Dandy Special Event) |
| Rolling | 1500m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B |
| Rolling | 400m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B |
| Rolling | 200m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B, 4-6G/B |
| Rolling | 800m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B |
| Rolling | 4x200 Relay 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B |

| Field Event Schedule |
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8:00 AM start and then ROLLING SCHEDULE FOR ALL FIELD EVENTS
Only 3 throws AND 3 jumps are allowed AND this is final-no exceptions!

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| 8:00AM Long Jump Pit 1: 4-6G / Females |
| Long Jump Pit 1: 7-8G, 9-10G, 11-12G, 13-14G, 15-16G, 17-18G, 19-99W /Females |
| 8:00AM Long Jump Pit 2: 4-6B / Males |
| Long Jump Pit 2: 7-8B, 9-10B, 11-12B, 13-14B, 15-16B, 17-18B, 19-99M / Males |
| **The TJ event will start after the Long Jump contest is COMPLETE! |
| Triple Jump Pit 1: 13-14G, 15-16G, 17-18G, 19-99W – Females |
| Triple Jump Pit 2: 13-14B, 15-16B, 17-18B, 19-99M – Males |
| **The HJ event will start after the 60-meter dash races are COMPLETED! |
| High Jump: 9-10G/B, 11-12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M |
| 8:00AM Shot Put: 11-12; 13-14; 15-16; 17-18; 19-99; 4-6; 7-8; 9-10 (Females then Males) |
| Rolling Weight Throw: 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M |
| 8:00AM Pole Vault: 13-14G, 15-16G, 17-18G, 19-99W – Females |
| 10:00AM Pole Vault: 13-14B, 15-16B, 17-18B, 19-99M – Males |