

## 2023 National Masters Indoor Championships - 3/10/2023 to 3/12/2023

| Friday Pentathlon |        |        |
|-------------------|--------|--------|
| 8:00 AM           | W60+   | Finals |
| 8:15 AM           | W25-59 | Finals |
| 8:45 AM           | M70+   | Finals |
| 9:15 AM           | M60-69 | Finals |
| 10:45 AM          | M50-59 | Finals |
| 11:45 AM          | M25-49 | Finals |

LOUISVILLE, KY

| Friday Track |                         |        |
|--------------|-------------------------|--------|
| 9:30 AM      | W60-89 3000 m Run       | Finals |
| 10:00 AM     | W50-59 3000 m Run       | Finals |
| 10:20 AM     | W25-49 3000 m Run       | Finals |
| 10:55 AM     | M70-104 3000 m Run      | Finals |
| 12:00 PM     | M65 3000 m Run          | Finals |
| 12:15 PM     | M60 3000 m Run          | Finals |
| 12:30 PM     | M55 3000 m Run          | Finals |
| 12:45 PM     | M50 3000 m Run          | Finals |
| 1:00 PM      | M40-49 3000 m Run       | Finals |
| 1:15 PM      | M25-39 3000 m Run       | Finals |
| 1:40 PM      | W60-79 1500 m Race Walk | Finals |
| 2:00 PM      | W25-59 1500 m Race Walk | Finals |
| 2:20 PM      | M70-89 1500 m Race Walk | Finals |
| 2:40 PM      | M60-69 1500 m Race Walk | Finals |
| 3:00 PM      | M30-59 1500 m Race Walk | Finals |
| 3:30 PM      | W80-89 400 m            | Finals |
| 3:35 PM      | W75 400 m               | Finals |
| 3:40 PM      | W70 400 m               | Finals |
| 3:45 PM      | W65 400 m               | Finals |
| 3:50 PM      | W60 400 m               | Finals |
| 4:00 PM      | W55 400 m               | Finals |
| 4:05 PM      | W50 400 m               | Finals |
| 4:10 PM      | W45 400 m               | Finals |
| 4:15 PM      | W40 400 m               | Finals |
| 4:20 PM      | W35 400 m               | Finals |
| 4:25 PM      | W25-34 400 m            | Finals |
| 4:30 PM      | M85-104 400 m           | Finals |
| 4:40 PM      | M80 400 m               | Finals |
| 4:45 PM      | M75 400 m               | Finals |
| 4:50 PM      | M70 400 m               | Finals |
| 5:00 PM      | M65 400 m               | Finals |
| 5:15 PM      | M60 400 m               | Finals |
| 5:30 PM      | M55 400 m               | Finals |
| 5:45 PM      | M50 400 m               | Finals |
| 5:55 PM      | M45 400 m               | Finals |
| 6:05 PM      | M40 400 m               | Finals |
| 6:15 PM      | M35 400 m               | Finals |
| 6:20 PM      | M30 400 m               | Finals |
| 6:25 PM      | M25-29 400 m            | Finals |

| Friday Field |                     |        |
|--------------|---------------------|--------|
| 8:00 AM      | M25-39 Long Jump    | Finals |
| 8:15 AM      | M80-94 Weight Throw | Finals |
| 8:30 AM      | M55 Shot Put        | Finals |
| 9:00 AM      | M80-94 Super Weight | Finals |
| 1:15 PM      | M70-79 Weight Throw | Finals |
| 2:30 PM      | M70-79 Super Weight | Finals |
| 3:00 PM      | W25-49 Long Jump    | Finals |
| 3:45 PM      | M65 Weight Throw    | Finals |
| 4:30 PM      | M50 Shot Put        | Finals |
| 4:45 PM      | M65 Super Weight    | Finals |
| 5:30 PM      | M60 Weight Throw    | Finals |
| 6:00 PM      | M25-49 Shot Put     | Finals |
| 6:30 PM      | M60 Super Weight    | Finals |

## Saturday Track

|          |                         |         |         |                     |         |
|----------|-------------------------|---------|---------|---------------------|---------|
| 8:00 AM  | W65 60 m                | Prelims | 1:30 PM | W65-84 1500 m Run   | Finals  |
| 8:05 AM  | W60 60 m                | Prelims | 1:45 PM | W60 1500 m Run      | Finals  |
| 8:11 AM  | W55 60 m                | Prelims | 1:55 PM | W55 1500 m Run      | Finals  |
| 8:20 AM  | W50 60 m                | Prelims | 2:15 PM | W45-54 1500 m Run   | Finals  |
| 8:26 AM  | W40 60 m                | Prelims | 2:25 PM | W25-44 1500 m Run   | Finals  |
| 8:32 AM  | M75 60 m                | Prelims | 2:35 PM | M75-104 1500 m Run  | Finals  |
| 8:40 AM  | M70 60 m                | Prelims | 3:00 PM | M70 1500 m Run      | Finals  |
| 8:46 AM  | M65 60 m                | Prelims | 3:10 PM | M65 1500 m Run      | Finals  |
| 8:56 AM  | M60 60 m                | Prelims | 3:20 PM | M60 1500 m Run      | Finals  |
| 9:06 AM  | M55 60 m                | Prelims | 3:40 PM | M55 1500 m Run      | Finals  |
| 9:15 AM  | M50 60 m                | Prelims | 3:50 PM | M50 1500 m Run      | Finals  |
| 9:30 AM  | M45 60 m                | Prelims | 4:00 PM | M45 1500 m Run      | Finals  |
| 9:38 AM  | M40 60 m                | Prelims | 4:10 PM | M40 1500 m Run      | Finals  |
| 9:45 AM  | M35 60 m                | Prelims | 4:20 PM | M35 1500 m Run      | Finals  |
| 9:50 AM  | M30 60 m                | Prelims | 4:30 PM | M25-34 1500 m Run   | Finals  |
| 10:00 AM | W30-79 3000 m Race Walk | Finals  | 4:45 PM | M70 60 m Hurdles    | Prelims |
| 10:35 AM | M70-89 3000 m Race Walk | Finals  | 4:55 PM | M65 60 m Hurdles    | Prelims |
| 11:10 AM | M30-69 3000 m Race Walk | Finals  | 5:05 PM | M55 60 m Hurdles    | Prelims |
| 11:45 AM | W80-94 60 m             | Finals  | 5:10 PM | M50 60 m Hurdles    | Prelims |
| 11:50 AM | W75 60 m                | Finals  | 5:30 PM | W65-89 60 m Hurdles | Finals  |
| 11:53 AM | W70 60 m                | Finals  | 5:35 PM | M80-94 60 m Hurdles | Finals  |
| 11:56 AM | W65 60 m                | Finals  | 5:40 PM | W60 60 m Hurdles    | Finals  |
| 12:00 PM | W60 60 m                | Finals  | 5:45 PM | W50-59 60 m Hurdles | Finals  |
| 12:03 PM | W55 60 m                | Finals  | 5:50 PM | M75 60 m Hurdles    | Finals  |
| 12:06 PM | W50 60 m                | Finals  | 5:55 PM | M70 60 m Hurdles    | Finals  |
| 12:09 PM | W45 60 m                | Finals  | 6:05 PM | W45 60 m Hurdles    | Finals  |
| 12:12 PM | W40 60 m                | Finals  | 6:10 PM | W40 60 m Hurdles    | Finals  |
| 12:15 PM | W35 60 m                | Finals  | 6:20 PM | M65 60 m Hurdles    | Finals  |
| 12:18 PM | W30 60 m                | Finals  | 6:25 PM | M60 60 m Hurdles    | Finals  |
| 12:21 PM | W25-29 60 m             | Finals  | 6:35 PM | W25-39 60 m Hurdles | Finals  |
| 12:25 PM | M90-99 60 m             | Finals  | 6:45 PM | M55 60 m Hurdles    | Finals  |
| 12:30 PM | M85 60 m                | Finals  | 6:50 PM | M50 60 m Hurdles    | Finals  |
| 12:35 PM | M80 60 m                | Finals  | 6:55 PM | M45 60 m Hurdles    | Finals  |
| 12:38 PM | M75 60 m                | Finals  | 7:00 PM | M40 60 m Hurdles    | Finals  |
| 12:41 PM | M70 60 m                | Finals  | 7:05 PM | M25-39 60 m Hurdles | Finals  |
| 12:44 PM | M65 60 m                | Finals  | 7:25 PM | W25+ 4x800 m Relay  | Finals  |
| 12:47 PM | M60 60 m                | Finals  | 7:30 PM | M25+ 4x800 m Relay  | Finals  |
| 12:50 PM | M55 60 m                | Finals  | 7:40 PM | W25+ 4x200 m Relay  | Finals  |
| 12:53 PM | M50 60 m                | Finals  | 7:50 PM | M25+ 4x200 m Relay  | Finals  |
| 12:56 PM | M45 60 m                | Finals  |         |                     |         |
| 1:00 PM  | M40 60 m                | Finals  |         |                     |         |
| 1:04 PM  | M35 60 m                | Finals  |         |                     |         |
| 1:08 PM  | M30 60 m                | Finals  |         |                     |         |
| 1:12 PM  | M25-29 60 m             | Finals  |         |                     |         |

### Saturday Field

|          |                     |        |
|----------|---------------------|--------|
| 8:00 AM  | W75-94 Weight Throw | Finals |
| 8:00 AM  | M80-99 Shot Put     | Finals |
| 8:00 AM  | M70 Long Jump       | Finals |
| 8:00 AM  | M75 Long Jump       | Finals |
| 8:00 AM  | M25-49 Pole Vault   | Finals |
| 9:00 AM  | W75-94 Super Weight | Finals |
| 9:00 AM  | M50 High Jump       | Finals |
| 9:00 AM  | M55 High Jump       | Finals |
| 9:15 AM  | M75 Shot Put        | Finals |
| 9:30 AM  | W50-59 Long Jump    | Finals |
| 9:30 AM  | W60-69 Long Jump    | Finals |
| 10:15 AM | W65-74 Weight Throw | Finals |
| 10:30 AM | M70 Shot Put        | Finals |
| 10:30 AM | M70-79 Pole Vault   | Finals |
| 11:00 AM | M45 Long Jump       | Finals |
| 11:00 AM | M60 High Jump       | Finals |
| 11:00 AM | M65 High Jump       | Finals |
| 11:00 AM | W70-94 Long Jump    | Finals |
| 11:30 AM | W65-74 Super Weight | Finals |
| 12:00 PM | M65 Shot Put        | Finals |
| 12:30 PM | M55 Long Jump       | Finals |
| 12:45 PM | M40 Long Jump       | Finals |
| 1:00 PM  | W60 Weight Throw    | Finals |
| 1:00 PM  | M25-49 High Jump    | Finals |
| 1:30 PM  | M60 Shot Put        | Finals |
| 1:30 PM  | W25-69 Pole Vault   | Finals |
| 1:45 PM  | M65 Long Jump       | Finals |
| 1:45 PM  | M70 High Jump       | Finals |
| 2:00 PM  | W60 Super Weight    | Finals |
| 2:15 PM  | M80-99 Long Jump    | Finals |
| 3:00 PM  | M75 High Jump       | Finals |
| 3:15 PM  | W25-59 Weight Throw | Finals |
| 3:15 PM  | M60 Long Jump       | Finals |
| 4:00 PM  | M50 Long Jump       | Finals |
| 4:00 PM  | M80-89 Pole Vault   | Finals |
| 4:00 PM  | W70-89 Pole Vault   | Finals |
| 4:15 PM  | W25-59 Super Weight | Finals |

| <b>SUNDAY TRACK</b> |                   |         |
|---------------------|-------------------|---------|
| 8:00 AM             | W70 200 m         | Prelims |
| 8:05 AM             | W65 200 m         | Prelims |
| 8:10 AM             | W60 200 m         | Prelims |
| 8:20 AM             | W55 200 m         | Prelims |
| 8:26 AM             | W50 200 m         | Prelims |
| 8:32 AM             | W45 200 m         | Prelims |
| 8:37 AM             | W40 200 m         | Prelims |
| 8:42 AM             | W35 200 m         | Prelims |
| 8:47 AM             | M85 200 m         | Prelims |
| 8:52 AM             | M80 200 m         | Prelims |
| 8:58 AM             | M75 200 m         | Prelims |
| 9:05 AM             | M70 200 m         | Prelims |
| 9:15 AM             | M65 200 m         | Prelims |
| 9:30 AM             | M60 200 m         | Prelims |
| 9:45 AM             | M55 200 m         | Prelims |
| 9:51 AM             | M50 200 m         | Prelims |
| 10:05 AM            | M45 200 m         | Prelims |
| 10:15 AM            | M40 200 m         | Prelims |
| 10:30 AM            | M35 200 m         | Prelims |
| 10:36 AM            | M30 200 m         | Prelims |
| 10:45 AM            | W70-89 800 m Run  | Finals  |
| 10:50 AM            | W65 800 m Run     | Finals  |
| 10:57 AM            | W60 800 m Run     | Finals  |
| 11:04 AM            | W55 800 m Run     | Finals  |
| 11:11 AM            | W50 800 m Run     | Finals  |
| 11:18 AM            | W45 800 m Run     | Finals  |
| 11:25 AM            | W40 800 m Run     | Finals  |
| 11:32 AM            | W25-39 800 m Run  | Finals  |
| 11:40 AM            | M80-104 800 m Run | Finals  |
| 12:00 PM            | M75 800 m Run     | Finals  |
| 12:08 PM            | M70 800 m Run     | Finals  |
| 12:15 PM            | M65 800 m Run     | Finals  |
| 12:30 PM            | M60 800 m Run     | Finals  |
| 12:45 PM            | M55 800 m Run     | Finals  |
| 1:00 PM             | M50 800 m Run     | Finals  |
| 1:07 PM             | M45 800 m Run     | Finals  |
| 1:20 PM             | M40 800 m Run     | Finals  |
| 1:35 PM             | M35 800 m Run     | Finals  |
| 1:40 PM             | M30 800 m Run     | Finals  |
| 1:45 PM             | M25-29 800 m Run  | Finals  |
| 1:55 PM             | W80 200 m         | Finals  |
| 1:59 PM             | W75 200 m         | Finals  |
| 2:02 PM             | W70 200 m         | Finals  |
| 2:05 PM             | W65 200 m         | Finals  |
| 2:08 PM             | W60 200 m         | Finals  |
| 2:12 PM             | W55 200 m         | Finals  |
| 2:16 PM             | W50 200 m         | Finals  |
| 2:20 PM             | W45 200 m         | Finals  |

| <b>Sunday Field</b> |                     |        |
|---------------------|---------------------|--------|
| 8:00 AM             | W75-94 Shot Put     | Finals |
| 8:00 AM             | M25-49 Weight Throw | Finals |
| 8:00 AM             | M50-59 Triple Jump  | Finals |
| 8:00 AM             | W60-74 Triple Jump  | Finals |
| 8:15 AM             | W75-89 High Jump    | Finals |
| 8:15 AM             | M80-99 High Jump    | Finals |
| 8:15 AM             | M65 Pole Vault      | Finals |
| 9:15 AM             | W65-74 Shot Put     | Finals |
| 9:15 AM             | M30-49 Super Weight | Finals |
| 9:30 AM             | W25-59 Triple Jump  | Finals |
| 9:45 AM             | M25-34 Triple Jump  | Finals |
| 10:30 AM            | M50-59 Weight Throw | Finals |
| 10:45 AM            | W60 Shot Put        | Finals |
| 10:45 AM            | M40-49 Triple Jump  | Finals |
| 10:45 AM            | M50-64 Pole Vault   | Finals |
| 10:45 AM            | W60-74 High Jump    | Finals |
| 11:30 AM            | W75-94 Triple Jump  | Finals |
| 11:30 AM            | M80-89 Triple Jump  | Finals |
| 11:45 AM            | M50-59 Super Weight | Finals |
| 12:00 PM            | W50-59 Shot Put     | Finals |
| 12:15 PM            | M70-79 Triple Jump  | Finals |
| 1:00 PM             | W25-49 Shot Put     | Finals |
| 1:00 PM             | M60-69 Triple Jump  | Finals |
| 1:00 PM             | W25-59 High Jump    | Finals |

| <b>SUNDAY TRACK</b> |                    |        |
|---------------------|--------------------|--------|
|                     | <b>(Continued)</b> |        |
| 2:24 PM             | W40 200 m          | Finals |
| 2:28 PM             | W35 200 m          | Finals |
| 2:32 PM             | W30 200 m          | Finals |
| 2:36 PM             | W25-29 200 m       | Finals |
| 2:40 PM             | M90-99 200 m       | Finals |
| 2:50 PM             | M85 200 m          | Finals |
| 2:55 PM             | M80 200 m          | Finals |
| 3:00 PM             | M75 200 m          | Finals |
| 3:03 PM             | M70 200 m          | Finals |
| 3:06 PM             | M65 200 m          | Finals |
| 3:10 PM             | M60 200 m          | Finals |
| 3:14 PM             | M55 200 m          | Finals |
| 3:18 PM             | M50 200 m          | Finals |
| 3:22 PM             | M45 200 m          | Finals |
| 3:26 PM             | M40 200 m          | Finals |
| 3:30 PM             | M35 200 m          | Finals |
| 3:34 PM             | M30 200 m          | Finals |
| 3:38 PM             | M25-29 200 m       | Finals |
| 3:50 PM             | W25+4x400 m Relay  | Finals |
| 4:00 PM             | M25+ 4x400 m Relay | Finals |