**2023 ACAC Indoor Track Championships Schedule**

**Saturday March 18th:**

3pm – Track Open

4:30pm – W 3000m timed finals

4:50pm – M 3000m Heat 1

5:10pm – M 3000m Heat 2

5:30pm – W 300m Heat 1

5:33pm – W 300m Heat 2

5:36pm – W 300m Heat 3

5:40pm – M 300m Heat 1

5:43pm – M 300m Heat 2

5:46pm – M 300m Heat 3

5:49pm – M 300m Heat 4

6:00pm – W 1000m Heat 1

6:05pm – W 1000m Heat 2

6:10pm – M 1000m Heat 1

6:15pm – M 1000m Heat 2

6:20pm – M 1000m Heat 3

6:30pm – W 4x200m relay Heat 1

6:40pm – W 4x200m relay Heat 2

6:50pm – M 4x200m relay Heat 1

7:00pm – M 4x200m relay Heat 2

7:30pm – awards for all races from day 1 (not including any events under protest, those awards to be given out on Sunday)

8pm – Track Closed

**Sunday March 19th:**

9:00am – Track Open

10:30am – W 600m Heat 1

10:35am – W 600m Heat 2

10:40am – W 600m Heat 3

10:45am – M 600m Heat 1

10:50am – M 600m Heat 2

10:55am – M 600m Heat 3

11:00am – M 600m Heat 4

11:10am – W 1500m Heat 1

11:20am – W 1500m Heat 2

11:30am – M 1500m Heat 1

11:40am – M 1500m Heat 2

12:00pm – W 4x400m Heat 1

12:10pm – W 4x400m Heat 2

12:20pm – M 4x400m Heat 1

12:30pm – M 4x400m Heat 2

1:00pm – awards for all races from day 2 (plus any from day 1 that needed to be resolved)

1:15pm – Presentation of team banners

2:00pm – Track Closed