

Tentative schedule for 2019 Indoor Nationals

Tuesday July 30th

8:00 am Doors Open

8:30am to 3:30pm Division practice

3:30pm Speed Coaches Meeting

3:40pm Officials Meeting

5:00pm Hall of Fame and Honors Reception

6:00pm Doors open for NSC

Wednesday July 31st

8:00am Doors Open

8:30am to 1pm Middle distance heats and semis

5:00pm to 9pm Middle distance finals

Awards

Thursday August 1st

8:00am Doors Open

8:30am to 11:30am Short Distance heats and semis

Break

12:30pm to 3:30pm Long distance heats only

6:00pm Doors Open

6:30 Opening Ceremonies

7:00pm to 9:30pm Short distance finals (Sprint Night)

Awards

Friday August 2nd

7:00am Doors Open

7:30am to 10:30am Open practice for all 2, 3 and 4 person relays (divisions will be combined)

11:00am to 3:30pm Long distance quarters, heats and semis

5:00pm to 10:30pm Elite long distance finals

Saturday August 3rd

7:00am Doors Open

7:30am to 3:30pm 2 Person Heats and semis

5:00pm Doors Open

5:30pm to 10:00pm 2 Person Finals.

Sunday August 4th

7:00am Doors Open

7:30am to 11:30am All 4 Person relays

BREAK

1:00pm to 8:30pm All 3 Person relays

Monday August 5th

7am Doors Open

7:30am to 11:00am Practice for all quad divisions

11:00am to 2:30pm Quad middle distance

BREAK

3:30pm to 5:30pm Quad short distance

BREAK

6:30pm to 9:30 pm Quad long distance

Tuesday August 6th

7:00am Doors Open

7:30 am to 9:30 am Practice for quad relays

9:30am to 2:30pm All quad relays