

**UK ATHLETICS**  
**INDOOR**  
**CHAMPIONSHIPS**

**UTILITA ARENA BIRMINGHAM**

<b>Saturday 18 February</b>			
<b>Time</b>	<b>Gender</b>	<b>Event</b>	<b>Stage</b>
11:30	Women	60m	Heats
12:15	Men	60m	Heats
13:07	Men	Pole Vault	Finals
13:10	Women	400m	Heats
13:40	Men	400m	Heats
14:12	Men	Long Jump	Finals
14:15	Women	60m Hurdles	Heats
14:45	Men	60m Hurdles	Heats
15:10	Women	60m	Semi-Finals
15:30	Men	60m	Semi-Finals
15:50	Men	800m	Heats
16:17	Women	Triple Jump	Final
16:20	Women	800m	Heats
16:42	Women	Pole Vault	Final
16:45	Women	60m	Final
16:55	Men	60m	Final
17:05	Women	Para 60m	Final
17:15	Men	Para 60m	Final
17:27	Women	60m Hurdles	Final
17:39	Men	60m Hurdles	Final
17:50	Women	400m	Semi-Finals
18:10	Men	400m	Semi-Finals
18:30	Men	1500m	Heats
18:48	Women	1500m	Heats

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<b>Sunday 19 February</b>			
<b>Time</b>	<b>Gender</b>	<b>Event</b>	<b>Stage</b>
12:00	Women	Long Jump	Final
12:25	Men	High Jump	Final
12:30	Men	200m	Heats
12:45	Men	Shot Put	Final
13:00	Women	200m	Heats
13:30	Men / Women	3000m Walk	Final
14:02	Men	Triple Jump	Final
14:35	Men	200m	Semi-Finals
14:25	Women	200m	Semi-Finals
14:44	Women	3000m	Final
14:57	Women	High Jump	Final
15:00	Men	3000m	Final
15:12	Women	Shot Put	Final
15:15	Men	1500m	Final
15:25	Women	1500m	Final
15:35	Men	200m	Final
15:45	Women	200m	Final
15:55	Men	400m	Final
16:05	Women	400m	Final
16:15	Men	800m	Final
16:25	Women	800m	Final

\*Subject to change. Correct as of 19th January 2023