



## Dalton Ebanks Invitational

**Friday, 4/3/26**

### Field Events

<u>Starts</u>	<u>Event</u>
12:00pm	Women Hammer Throw (3 flights)
<i>to follow</i>	Men Hammer Throw (2 flights)
12:00pm	Men Pole Vault (1 section)
12:00pm	Women High Jump (Invitational/1.65m+)
12:00pm	Men Long Jump (2 flights)
12:00pm	Women Long Jump (3 flights)
2:00pm	Women High Jump (Open/1.64m and down)

### Running Events

<u>Starts</u>	<u>Event</u>
3:00pm	Men 400 Meter Hurdles
3:30pm	Women 400 Meter Hurdles
4:00pm	Men 200 Meter Dash
4:30pm	Women 200 Meter Dash
6:30pm	Women 800 Meter Run (slow-fast)
7:15pm	Men 800 Meter Run (slow-fast)
7:55pm	Women 3000m Steeplechase
8:15pm	Men 3000m Steeplechase
8:30pm	Women 5000 Meter Run (Sect 1)
8:50pm	Women 5000 Meter Run (Sect 2)
9:10pm	Men 5000 Meter Run (Sect 1)
9:30pm	Men 5000 Meter Run (Sect 2)

**Saturday, 4/4/26**

### Field Events

<u>Starts</u>	<u>Event</u>
10:00am	Women Javelin Throw (2 flights)
10:00am	Men Triple Jump (1 flight)
10:00am	Women Triple Jump (2 flights)
10:00am	Men Discus Throw (2 flights)
11:00am	Women Shot Put (3 flights)
12:00pm	Men High Jump (Invitational/1.91m+)
2:00pm	Men Javelin Throw (1-2 flights TBD)
2:00pm	Women Pole Vault (1 section)
2:00pm	Women Discus Throw (3 flights)
2:00pm	Men Shot Put (2 flights)
2:00pm	Men High Jump (Open/1.90m and down)

### Running Events

<u>Starts</u>	<u>Event</u>
12:00pm	Men 4x100 Meter Relay
12:15pm	Women 4x100 Meter Relay
12:35pm	Men 4x800m Relay
12:45pm	Women 4x800m Relay
12:55pm	Men 400 Meter Dash
1:30pm	Women 400 Meter Dash
2:00pm	Men 110 Meter Hurdles
2:30pm	Women 100 Meter Hurdles
3:00pm	Men 100 Meter Dash
3:30pm	Women 100 Meter Dash
4:15pm	Men 4x400 Meter Relay
4:35pm	Women 4x400 Meter Relay
	5:30pm

*George Mason Senior Recognition Ceremony*

7:00pm	Men 1500 Meter Run (slow-fast)
8:00pm	Women 1500 Meter Run (slow-fast)