

Army West Point Track & Field Twilight Invitational May 7th, 2026 Schedule National Anthem 1455

Final schedule

Field Events

Horizontal Jumps

Long Jump	(W)	1400
Long Jump	(M)	1500
Triple Jump	(W)	1600
Triple Jump	(M)	1700

Vertical Jumps

Pole Vault	(M)	1330
Pole Vault	(W)	1600
High Jump	(W)	1330
High Jump	(M)	1600

Horizontal throws

Hammer Throw	(M)	1330
Hammer Throw	(W)	1530
Javelin Throw	(W)	1300
Javelin Throw	(M)	1415
Discus Throw	(M)	1600
Discus Throw	(W)	1800
Shot Put	(W)	1600
Shot Put	(M)	1700

Vertical Progressions

High Jump		Pole Vault	
Women	Men	Women	Men
1.40	1.69	2.45	2.90
1.45	1.74	2.60	3.05
1.50	1.79	2.75	3.20
1.55	1.84	2.90	3.35
1.60	1.89	3.05	3.50
1.65	1.94	3.20	3.65
1.69	1.99	3.35	3.80
1.73	2.03	3.50	3.95
1.76	2.07	3.65	4.10
1.79	2.11	3.80	4.25
1.82	2.14	3.95	4.40
	2.17	4.10	4.55
	2.20	4.25	4.70
			4.85
			4.95
			5.05
			5.15

South Pit
South Pit
South Pit
South Pit
North Cage
North Cage

South Cage
South Cage

Track Events

100m Hurdle Prelim (W)

110m Hurdle Prelim	(M)	1500 (2 heats)
100m Dash Prelim	(W)	1515 (2 heats)
100m Dash Prelim	(M)	1525 (3 heats)
3000m Steeplechase	(W)	1600 (1 heat)
3000m Steeplechase	(M)	1615 (1 heat)
4x100m Relay	(W)	1630 (1 heat)
4x100m Relay	(M)	1635 (1 heat)
400m	(W)	1640 (1 heat)
400m	(M)	1645 (3 heats)
100m Hurdle Final	(W)	1700 (1 heat)
110m Hurdle Final	(M)	1710 (1 heat)
100m Dash Final	(W)	1720 (1 heat)
100m Dash Final	(M)	1725 (1 heat)
800m	(W)	1730 (2 heats)

200m & 4x4 Declarations Due

800m	(M)	1740 (3 heats)
400m Hurdles	(W)	1800 (1 heat)
400m Hurdles	(M)	1805 (1 heat)
200m	(W)	1810 (2 heats)
200m	(M)	1815 (4 heats)

Army T&F Senior Recognition 1830

4x400m Relay	(W)	1845 (1 heat)
4x400m Relay	(M)	
5000m	(W)	1850 (1 heat)
5000m	(M)	1915(1heat)
1500m	(W)	1935 (1 heat)
1500m	(M)	1940 (2 heats)