



The UW Invitational

FINAL TIME SCHEDULE **FRIDAY, JANUARY 26, 2018**

MEN'S HEPTATHLON - DAY ONE

Start	Event
1:00 p.m.	Men's Heptathlon 60 Meters
~1:45 p.m.	Men's Heptathlon Long Jump (2 pits)
~3:00 p.m.	Men's Heptathlon Shot Put (2 rings)
~4:15 p.m.	Men's Heptathlon High Jump (2 pits)

WOMEN'S PENTATHLON - DAY ONE

Start	Event
1:30 p.m.	Women's Pentathlon 60-Meter Hurdles
~2:15 p.m.	Women's Pentathlon High Jump (2 pits)
~4:15 p.m.	Women's Pentathlon Shot Put (2 rings)
~5:45 p.m.	Women's Pentathlon Long Jump (2 pits)
~7:00 p.m.	Women's Pentathlon 800 Meters

FIELD EVENTS

Start	Event	
5:00 p.m.	Women's Pole Vault (Flight #1)	1 Flight
6:00 p.m.	Men's Pole Vault (Flight #1)	1 Flight
~5:30 p.m.	Women's Weight Throw (To follow Pentathlon Shot)	3 Flights

**** START TIMES IN THE THROWING EVENTS ARE ESTIMATED, AND WE WILL RUN AHEAD OF SCHEDULE WHERE POSSIBLE. PLEASE LISTEN FOR ANNOUNCEMENTS FROM THE THROWS AREA FOR UPDATES. ****

RUNNING EVENTS

Start	Event	
4:00 p.m.	Women's 3000 Meters (Heat 1)	1 Heats
4:15 p.m.	Men's 3000 Meters (Heat 1)	1 Heats
4:30 p.m.	Women's 200 Meters (FAST to SLOW)	24 Heats
5:20 p.m.	Men's 200 Meters (FAST to SLOW)	13 Heats
5:50 p.m.	Women's Distance Medley Relay	3 Heats
6:35 p.m.	Men's Distance Medley Relay	2 Heats
7:05 p.m.	Women's 5k (Heat 1 - Invite)	1 Heat
7:20 p.m.	Men's 5k (Heat 1 - Invite)	1 Heat
~7:35 p.m.	<i>Women's Pentathlon 800 Meters</i>	---
8:00 p.m.	Women's 5k (Heat 2-3)	2 Heat
8:45 p.m.	Men's 5k (Heat 2-3)	2 Heat
9:15 p.m.	Masters 200 Meters	2 Heats

****NOTE FOR COACHES FOR THE 5K: WE HAVE CREATED A INVITE SECTION FOR OPTIMAL PERFORMANCE****



The UW Invitational

FINAL TIME SCHEDULE SATURDAY, JANUARY 27, 2018

MEN'S HEPTATHON - DAY TWO

Start	Event
9:45 a.m.	Men's Heptathlon 60-Meter Hurdles
~11:00 a.m.	Men's Heptathlon Pole Vault (2 pits)
~2:45 p.m.	Men's Heptathlon 1000 Meters

FIELD EVENTS

Start	Event	
10:00 a.m.	Men's Weight Throw	2 Flights
10:00 a.m.	Women's Long Jump	3 Flights
10:00 a.m.	Men's Long Jump	2 Flights
10:30 a.m.	Women's High Jump (2 Pits)	2 Flights
1:00 p.m.	Men's High Jump (2 Pits)	2 Flights
1:00 p.m.	Women's Shot Put	3 Flights
1:00 p.m.	Men's Shot Put	2 Flights
2:00 p.m.	Women's Triple Jump	2 Flights
2:00 p.m.	Men's Triple Jump	1 Flights
3:30 p.m.	Women's Pole Vault (Flight #2)	1 Flight
3:30 p.m.	Men's Pole Vault (Flight #2)	1 Flight

MORNING RUNNING EVENTS

Start	Event	
9:00 a.m.	Women's 60-Meter Hurdles, Qualifying	11 Heats
9:30 a.m.	Men's 60-Meter Hurdles, Qualifying	5 Heats
9:45 a.m.	Men's Heptathlon 60-Meter Hurdles	4 Heats
10:00 a.m.	Women's 60 Meters, Qualifying	13 Heats
10:25 a.m.	Men's 60 Meters, Qualifying	6 Heats
10:40 a.m.	Women's 60-Meter Hurdles, Preliminary (8 Auto Advancers + Qualifiers)	4 Heats
10:55 a.m.	Men's 60-Meter Hurdles, Preliminary (8 Auto Advancers + Qualifiers)	4 Heats
11:10 a.m.	Women's 60 Meters, Preliminary (8 Auto Advancers + Qualifiers)	4 Heats
11:20 a.m.	Men's 60 Meters, Preliminary (8 Auto Advancers + Qualifiers)	4 Heats
11:30 a.m.	Masters 60 Meters	2 Heats
11:40 p.m.	Women's Mile (Heats 1-4)	4 Heats
12:05 p.m.	Men's Mile (Heats 1-4)	4 Heats
12:30 p.m.	Women's 60 Meters, Final	2-Section Final; 4 Per Heat
12:35 p.m.	Men's 60 Meters, Final	2-Section Final; 4 Per Heat
12:45 p.m.	Women's 60-Meter Hurdles, Final	2-Section Final; 4 Per Heat
12:50 p.m.	Men's 60-Meter Hurdles, Final	2-Section Final; 4 Per Heat
1:00 p.m.	Women's 400 Meters (Heats 1-11)	11 Heats
1:20 p.m.	Men's 400 Meters (Heats 1-6)	6 Heats
1:40 p.m.	Women's 800 Meters (Heats 1-5)	5 Heats
2:00 p.m.	Men's 800 Meters (Heats 1-4)	4 Heats
2:15 p.m.	Women's 3000 Meters (Heat 2)	1 Heat
2:30 p.m.	Men's 3000 Meters (Heat 2)	1 Heat
~2:45 p.m.	Men's Heptathlon 1000 Meters	2 Heats (If Necessary)

**** WE WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE; BUT NO MORE THAN FIVE MINUTES ****

AFTERNOON RUNNING EVENTS

Start	Event	
3:15 p.m.	Women's Mile (Heats 5 & 6)	2 Heats
3:30 p.m.	Men's Mile (Heats 5 & 6)	2 Heats
3:45 p.m.	Women's 400 Meters (Heats 12 & 13)	2 Heats
3:50 p.m.	Men's 400 Meters (Heats 7 & 8)	2 Heats
4:05 p.m.	Women's 800 Meters (Heats 6 & 7)	2 Heats
4:15 p.m.	Men's 800 Meters (Heats 5 & 6)	2 Heats
4:25 p.m.	Women's 3000 Meters (Heats 3 & 4)	2 Heats
4:50 p.m.	Men's 3000 Meters (Heats 3 & 4)	2 Heats
5:15 p.m.	Women's 4x400 Meter Relay (ALL SECTIONS - SLOW TO FAST)	4 Heats
5:35 p.m.	Men's 4x400 Meter Relay (ALL SECTIONS - SLOW TO FAST)	3 Heats

**** AFTERNOON HEATS WILL RUN ON-TIME AND ON-SCHEDULE ****