

# Gary Wilson Invitational

April 22nd 2026 · University of Minnesota Track & Field Stadium

## SCHEDULE

Wednesday, April 22nd

### Field Events

#### THROWS

10:15 AM	M	Shot Put INVITE
11:00AM	W	Hammer
12:30PM	M	Hammer
2:00PM	W	Discus
3:30PM	M	Discus
2:00PM	M	Shot Put OPEN
5:00PM	M	Javelin
3:30PM	W	Shot Put
6:30PM	W	Javelin

#### JUMPS

2:30PM	M	Long Jump (2 Flights of 16)
2:30PM	W	Long Jump (2 Flight of 16)
2:30PM	M	Pole Vault (Top 21)
2:30PM	M	High Jump (Top 22)
To Follow	W	High Jump (Top 18)
5:00PM	M	Triple Jump (1 Flight of 16)
5:00PM	W	Triple Jump (1 Flight of 16)
To Follow	W	Pole Vault (Top 21)
		(45 minutes Warm-up)

### Running Events

9:00 AM	M	3000m Steeplechase
9:15 AM	W	3000m Steeplechase
9:30 AM	M	1500m (2 Sections)
9:40 AM	W	1500m (1 Section)
9:45 AM	M	5,000m (1 Section)
10:05 AM	W	5,000m
2:00 PM	M	4x100m Relay (2 Heat)
2:10 PM	W	4x100m Relay (1 Heat)
2:15 PM	M	1500m Run (2 Heats)
2:25 PM	W	1500m Run (2 Heats)
2:40 PM	W	100m Hurdles TIMED FINAL (5 Heats)
3:00 PM	M	110m Hurdles TIMED FINAL (5 Heats)
3:25 PM	M	100m Prelims (6 Heats) Top 54
3:45 PM	W	100m Prelims (6 Heats) Top 54
4:05 PM	M	400m Dash (6 Heats)
4:25 PM	W	400m Dash (4 Heats)
4:40 PM	M	100m Dash FINAL
4:45 PM	W	100m Dash FINAL
4:50 PM	M	800m Dash (6 Heats)
5:10 PM	W	800m Dash (4 Heats)
5:35 PM	M	400m Hurdles (5 Heats)
6:00 PM	W	400m Hurdles (5 Heats) Top 42
6:25 PM	M	200m Dash (6 Heats) Top 54
6:45 PM	W	200m Dash (6 Heats) Top 54
7:05 PM	M	5000m Run (1 Section)
7:30 PM	M	4x400m Relay (1 Heat)
7:35 PM	W	4x400m Relay (1 Heat)

Updated 04/21/2026