



# PACIFIC COAST INVITATIONAL

[Jack Rose Track](#) • Long Beach State University

Thursday, April 13, 2023

*Final schedule revised as of April 11, 2023*

## THROWS TIME SCHEDULE

Time	Event	Location	Flights
08:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flight #1-3
08:30 a.m.	Women's Javelin	South Runway	Flight #1-3
11:00 a.m.	Women's Hammer	North Ring-Outfield	Flight #1-3
11:45 a.m.	Men's Javelin	South Runway	Flight #1-2
01:30 p.m.	Men's Discus	Infield (Top 36)	Flight #3-5
02:00 p.m.	Men's Discus	Outfield	Flight #1-2
02:15 p.m.	Women's Shot Put	West Ring (Top 24)	Flight #4-5
02:15 p.m.	Women's Shot Put	East Ring	Flight #1-3
04:00 p.m.	Men's Shot Put	West Ring (Top 24)	Flight #4-5
04:00 p.m.	Men's Shot Put	East Ring	Flight #1-3
04:00 p.m.	Women's Discus	Infield (Top 24)	Flight #4-5
04:00 p.m.	Women's Discus	Outfield	Flight #1-3

## JUMPS TIME SCHEDULE

Time	Event	Location	Flights
08:30 a.m.	Women's Pole Vault	East Runway	Flight #1
09:00 a.m.	Men's Pole Vault	West Runway	Flight #1
09:30 a.m.	Women's Long Jump	West Runway	Flight #1
09:30 a.m.	Women's Long Jump	East Runway	Flight #2-7
10:00 a.m.	Women's High Jump	East Pit	Flight #1
10:00 a.m.	Men's High Jump	West Pit	Flight #1
10:30 a.m.	Men's Long Jump	West Runway	Flight #1-5
11:15 a.m.	Women's Pole Vault	East Runway	Flight #3
11:15 a.m.	Men's Pole Vault	West Runway	Flight #3
12:30 p.m.	Women's High Jump	East Pit	Flight #3
12:30 p.m.	Men's High Jump	West Pit	Flight #3
02:00 p.m.	Women's Pole Vault	East Runway	Flight #4
02:00 p.m.	Men's Pole Vault	West Runway	Flight #4
03:00 p.m.	Women's High Jump	East Pit	Flight #2
03:00 p.m.	Men's High Jump	West Pit	Flight #2
04:00 p.m.	Women's Triple Jump	East Runway	Flight #1-3
04:00 p.m.	Men's Triple Jump	West Runway	Flight #1-3
04:00 p.m.	Men's Pole Vault	West Runway	Flight #2
04:15 p.m.	Women's Pole Vault	East Runway	Flight #2



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## TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
09:00 a.m.	Women's 5,000 Meters	1 heat
09:20 a.m.	Men's 5,000 Meters	1 heat
09:40 a.m.	Women's 3,000 Meter Steeple Chase	1 heat
10:00 a.m.	Men's 3,000 Meter Steeple Chase	1 heat
10:20 a.m.	Women's 1,500 Meters	2 heats
10:35 a.m.	Men's 1,500 Meters	2 heats
10:45 a.m.	~ Break ~	
11:55 a.m.	<a href="#">NATIONAL ANTHEM</a>	
12:00 p.m.	Women's 4x100 Meter Relay	3 heats
12:15 p.m.	Men's 4x100 Meter Relay	3 heats
12:30 p.m.	<i>Special Event: Women's and Men's (Combined) Wheelchair 100 Meters</i>	1 heat
12:35 p.m.	Women's 800 Meters	4 heats
12:50 p.m.	Men's 800 Meters	3 heats
01:00 p.m.	Women's 100 Meter Hurdles	9 heats
01:30 p.m.	Men's 110 Meter Hurdles	6 heats
01:55 p.m.	<i>Special Event: Women's and Men's (Combined) Wheelchair 400 Meters</i>	1 heat
02:00 p.m.	Women's 400 Meters	7 heats
02:25 p.m.	Men's 400 Meters	7 heats
02:50 p.m.	Women's 100 Meters	13 heats
03:30 p.m.	Men's 100 Meters	9 heats
04:00 p.m.	Women's 400 Meter Hurdles	6 heats
04:20 p.m.	Men's 400 Meter Int. Hurdles	5 heats
04:40 p.m.	Women's 200 Meters	14 heats
05:25 p.m.	Men's 200 Meters	9 heats
05:55 p.m.	Women's 4x400 Meter Relay	1 heat
06:00 p.m.	Men's 4x400 Meter Relay	2 heats