

BEACH INVITATIONAL

[Jack Rose Track](#)

FRIDAY, APRIL 12, 2024

FINAL schedule as of April 10, 2024

FIELD EVENTS TIME SCHEDULE

Time	Event	Location	Flights
12:00 p.m.	Women's High Jump	East Pit	Flight #1
02:30 p.m.	Men's High Jump	East Pit	Flight #1
10:00 a.m.	Women's Pole Vault	East Runway	Flight #1
12:15 p.m.	Women's Pole Vault	East Runway	Flight #3
02:55 p.m.	Women's Pole Vault	East Runway	Flight #2
10:30 a.m.	Men's Pole Vault	West Runway	Flight #1
12:40 a.m.	Men's Pole Vault	West Runway	Flight #3
02:15 p.m.	Men's Pole Vault	West Runway	Flight #2
09:30 a.m.	Women's Long Jump	West Runway	Flights #1-6
10:00 a.m.	Men's Long Jump	East Runway	Flights #1-5
02:45 p.m.	Women's Triple Jump	West Runway	Flight #1
02:45 p.m.	Men's Triple Jump	East Runway	Flight #1-2
09:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flights #1-3
11:30 a.m.	Men's GOLD INVITATIONAL Hammer	North Ring-Outfield	Flights #4-5
02:00 p.m.	Women's GOLD INVITATIONAL Hammer	North Ring-Outfield	Flights #4-5
03:45 p.m.	Women's Hammer	North Ring-Outfield	Flights #3, 2, 1
10:00 a.m.	Women's Javelin	North Runway	Flights #1-2
12:00 p.m.	Women's GOLD INVITATIONAL Javelin	North Runway	Flights #3-4
02:00 p.m.	Men's Javelin	South Runway	Flights #1-2
03:30 p.m.	Men's GOLD INVITATIONAL Javelin	South Runway	Flight #3-4

TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
08:15 a.m.	Women's GOLD INVITATIONAL 10,000 Meters	Heat #1
09:00 a.m.	Men's GOLD INVITATIONAL 10,000 Meters	Heat #1
09:40 a.m.	NATIONAL ANTHEM	
09:45 a.m.	Women's GOLD INVITATIONAL 5,000 Meters	Heat #1
10:10 a.m.	Men's GOLD INVITATIONAL 5,000 Meters	Heat #1
10:30 a.m.	Women's 5,000 Meters	Heat #2
10:55 a.m.	Men's 5,000 Meters	Heat #2
11:20 a.m.	Women's GOLD INVITATIONAL 3,000 Meter Steeple Chase	Heat #1
11:45 p.m.	Men's GOLD INVITATIONAL 3,000 Meter Steeple Chase	Heat #1-2
12:20 p.m.	Women's 1500 Meters	Heats #5
12:32 p.m.	Men's 1500 Meters	Heats #5-6
12:44 p.m.	Women's 400 Meters	Heats #7-10
12:56 p.m.	Men's 400 Meters	Heats #9-12
01:11 p.m.	Women's 100 Meters	Heats #8-14
01:33 p.m.	Men's 100 Meters	Heats #10-14
01:50 p.m.	Women's 800 Meters	Heats #5-12
02:22 p.m.	Men's 800 Meters	Heats #5-10
02:46 p.m.	Women's 200 Meters	Heats #10-20
03:19 p.m.	Men's 200 Meters	Heats #13-18

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SATURDAY, APRIL 13, 2024

FINAL schedule as of April 10, 2024

FIELD EVENTS TIME SCHEDULE

Time	Event	Location	Flights
10:00 a.m.	Men's High Jump	West Pit	Flight #2
10:00 a.m.	Men's High Jump	East Pit	Flight #3
12:30 p.m.	Men's GOLD INVITATIONAL High Jump	East Pit	Flight #4
12:30 p.m.	Women's High Jump	West Pit	Flight #2
02:15 p.m.	Women's GOLD INVITATIONAL High Jump	East Pit	Flight #4
03:00 p.m.	Women's High Jump	West Pit	Flight #3
10:30 a.m.	Women's Pole Vault	East Runway	Flight #4
01:00 p.m.	Women's Pole Vault	East Runway	Flight #5
03:30 p.m.	Women's GOLD INVITATIONAL Pole Vault	East Runway	Flight #6
10:30 a.m.	Men's Pole Vault	West Runway	Flight #4
01:00 p.m.	Men's GOLD INVITATIONAL Pole Vault	West Runway	Flight #6
03:00 p.m.	Men's Pole Vault	West Runway	Flight #5
10:00 a.m.	Women's Long Jump	East Runway	Flights #7-8
11:45 a.m.	Women's GOLD INVITATIONAL Long Jump	East Runway	Flights #9-10
10:00 a.m.	Men's Long Jump	West Runway	Flights #6-7
11:45 a.m.	Men's GOLD INVITATIONAL Long Jump	West Runway	Flights #8-9
02:30 p.m.	Women's Triple Jump	East Runway	Flights #2-3
04:20 p.m.	Women's GOLD INVITATIONAL Triple Jump	East Runway	Flight #4
02:30 p.m.	Men's Triple Jump	West Runway	Flights #3-4
04:20 p.m.	Men's GOLD INVITATIONAL Triple Jump	West Runway	Flight #5
10:00 a.m.	Men's GOLD INVITATIONAL Shot Put	West Ring	Flights #5-7
10:00 a.m.	Men's Shot Put	East Ring	Flights #1-4
02:00 p.m.	Women's GOLD INVITATIONAL Shot Put	West Ring	Flights #5-7
02:00 p.m.	Women's Shot Put	East Ring	Flights #1-4
10:00 a.m.	Women's GOLD INVITATIONAL Discus	Infield	Flights #5-7
10:00 a.m.	Women's Discus	North Ring-Outfield	Flights #1-4
02:00 p.m.	Men's GOLD INVITATIONAL Discus	Infield	Flights #5-7
02:00 p.m.	Men's Discus	North Ring-Outfield	Flights #1-4

SATURDAY, APRIL 13, 2024

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FINAL schedule as of April 10, 2024

TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
09:40 a.m.	<i>Special Event: Beach Invitational Hall-of-Honor Induction (Class of 2024)</i>	
09:55 a.m.	<i>NATIONAL ANTHEM</i>	
10:00 a.m.	Women's GOLD INVITATIONAL 1500 Meters	Heat #1
10:07 a.m.	Women's 1500 Meters	Heats #2-4
10:28 a.m.	Men's GOLD INVITATIONAL 1500 Meters	Heat #1
10:35 a.m.	Men's 1500 Meters	Heats #2-4
11:00 a.m.	Women's GOLD INVITATIONAL 4x100 Meter Relay	Heat #1
11:05 a.m.	Women's 4x100 Meter Relay	Heats #2-3
11:15 a.m.	Men's GOLD INVITATIONAL 4x100 Meter Relay	Heat #1
11:20 a.m.	Men's 4x100 Meter Relay	Heats #2-3
11:32 a.m.	<i>Special Event: LBSU Men's Senior Presentation</i>	
11:45 a.m.	Women's GOLD INVITATIONAL 100 Meter Hurdles	Heat #1
11:48 a.m.	Women's 100 Meter Hurdles	Heats #2-10
12:18 p.m.	<i>Special Event: LBSU Women's Senior Presentation</i>	
12:30 p.m.	Men's GOLD INVITATIONAL 110 Meter Hurdles	Heat #1
12:33 p.m.	Men's 110 Meter Hurdles	Heats #2-5
12:45 p.m.	Women's GOLD INVITATIONAL 400 Meters	Heat #1
12:48 p.m.	Women's 400 Meters	Heats #2-6
01:03 p.m.	Men's GOLD INVITATIONAL 400 Meters	Heat #1
01:06 p.m.	Men's 400 Meters	Heats #2-8
01:27 p.m.	Women's GOLD INVITATIONAL 100 Meters	Heat #1
01:30 p.m.	Women's 100 Meters	Heats #2-7
01:48 p.m.	Men's GOLD INVITATIONAL 100 Meters	Heat #1
01:51 p.m.	Men's 100 Meters	Heats #2-9
02:15 p.m.	Women's GOLD INVITATIONAL 800 Meters	Heat #1
02:19 p.m.	Women's 800 Meters	Heats #2-4
02:31 p.m.	Men's GOLD INVITATIONAL 800 Meters	Heat #1
02:35 p.m.	Men's 800 Meters	Heats #2-4
02:59 p.m.	Women's GOLD INVITATIONAL 400 Meter Hurdles	Heat #1
03:02 p.m.	Women's 400 Meter Hurdles	Heats #2-8
03:25 p.m.	Men's GOLD INVITATIONAL 400 Meter Int. Hurdles	Heat #1
03:28 p.m.	Men's 400 Meter Int. Hurdles	Heats #2-5
03:40 p.m.	Women's GOLD INVITATIONAL 200 Meters	Heat #2
03:43 p.m.	Women's 200 Meters	Heats #2-9
04:07 p.m.	Men's GOLD INVITATIONAL 200 Meters	Heat #1
04:10 p.m.	Men's 200 Meters	Heats #2-12
04:43 p.m.	Women's GOLD INVITATIONAL 4x400 Meter Relay	Heat #1
04:48 p.m.	Women's 4x400 Meter Relay	Heats #2-3
05:00 p.m.	Men's GOLD INVITATIONAL 4x400 Meter Relay	Heat #1
05:05 p.m.	Men's 4x400 Meter Relay	Heats #2-3