



PACIFIC COAST INVITATIONAL

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

Thursday, April 11, 2024

*Tentative schedule as of April 4, 2024
We will be working on revisions over the weekend.*

THROWS TIME SCHEDULE

Time	Event	Location	Flights
08:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flight #1-3
11:00 a.m.	Women's Hammer	North Ring-Outfield	Flight #1-3
08:00 a.m.	Women's Javelin	South Runway	Flight #1-3
10:45 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
09:30 a.m.	Women's High Jump	East Pit	Flight #1
11:10 a.m.	Women's High Jump	East Pit	Flight #3
01:25 p.m.	Women's High Jump	East Pit	Flight #4
03:00 p.m.	Women's High Jump	East Pit	Flight #2
09:00 a.m.	Men's High Jump	West Pit	Flight #1
11:30 p.m.	Men's High Jump	West Pit	Flight #3
01:10 p.m.	Men's High Jump	West Pit	Flight #2
08:00 a.m.	Women's Pole Vault	East Runway	Flight #3
11:05 a.m.	Women's Pole Vault	East Runway	Flight #4
02:05 p.m.	Women's Pole Vault	East Runway	Flight #6
04:20 p.m.	Women's Pole Vault	East Runway	Flight #5
06:55 p.m.	Women's Pole Vault	East Runway	Flight #2
06:55 p.m.	Women's Pole Vault	West Runway	Flight #1
08:00 a.m.	Men's Pole Vault	West Runway	Flight #1
11:00 a.m.	Men's Pole Vault	West Runway	Flight #3
02:00 p.m.	Men's Pole Vault	West Runway	Flight #4
03:55 p.m.	Men's Pole Vault	West Runway	Flight #2
08:30 a.m.	Women's Long Jump	West Runway	Flight #1-8
08:30 a.m.	Men's Long Jump	West Runway	Flight #1-7
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



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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	3 heats
10:45 a.m.	Men's 1,500 Meters	2 heats
11:00 a.m.	~ Break ~	
11:25 a.m.	NATIONAL ANTHEM	
11:30 a.m.	Women's 4x100 Meter Relay	3 heats
11:45 a.m.	Men's 4x100 Meter Relay	3 heats
12:00 p.m.	Women's 800 Meters	5 heats
12:20 p.m.	Men's 800 Meters	4 heats
12:35 p.m.	Women's 100 Meter Hurdles	10 heats
01:05 p.m.	Men's 110 Meter Hurdles	6 heats
01:25 p.m.	Women's 400 Meters	9 heats
01:55 p.m.	Men's 400 Meters	9 heats
03:05 p.m.	Women's 100 Meters	13 heats
03:50 p.m.	Men's 100 Meters	14 heats
03:50 p.m.	Women's 400 Meter Hurdles	8 heats
04:25 p.m.	Men's 400 Meter Int. Hurdles	5 heats
04:45 p.m.	Women's 200 Meters	16 heats
05:35 p.m.	Men's 200 Meters	14 heats
06:20 p.m.	Women's 4x400 Meter Relay	2 heats
06:35 p.m.	Men's 4x400 Meter Relay	1 heat