



# PACIFIC COAST INVITATIONAL

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

Thursday, April 17, 2025

*FINAL Time Schedule as of April 10, 2025*

## 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
08:20 a.m.	Women's Javelin	South Runway	Flight #1-2
10:50 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
02:20 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
04:05 p.m.	Men's Shot Put	East Ring	Flight #1-3
04:10 p.m.	Women's Discus	Infield (Top 24)	Flight #4-5
04:15 p.m.	Women's Discus	Outfield	Flight #1-3

## JUMPS TIME SCHEDULE

Time	Event	Location	Flights
11:05 a.m.	Women's High Jump	East Pit	Flight #2
01:35 p.m.	Women's High Jump	East Pit	Flight #3
03:25 p.m.	Women's High Jump	East Pit	Flight #1
09:00 a.m.	Men's High Jump	West Pit	Flight #1
11:30 a.m.	Men's High Jump	West Pit	Flight #2
02:00 p.m.	Men's High Jump	West Pit	Flight #3
09:00 a.m.	Women's Pole Vault	East Runway	Flight #1
11:30 a.m.	Women's Pole Vault	East Runway	Flight #3
02:00 p.m.	Women's Pole Vault	East Runway	Flight #4
04:00 p.m.	Women's Pole Vault	East Runway	Flight #2
09:05 a.m.	Men's Pole Vault	West Runway	Flight #1
11:35 a.m.	Men's Pole Vault	West Runway	Flight #3
02:05 p.m.	Men's Pole Vault	West Runway	Flight #4
04:05 p.m.	Men's Pole Vault	West Runway	Flight #2
09:10 a.m.	Women's Long Jump	West Runway	Flight #1-7
10:00 a.m.	Men's Long Jump	West Runway	Flight #1-5
03:05 p.m.	Men's Triple Jump	West Runway	Flight #1-3
03:30 p.m.	Women's Triple Jump	East Runway	Flight #1-4



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## TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
11:10 a.m.	<a href="#">NATIONAL ANTHEM</a>	
11:15 a.m.	Women's 4x100 Meter Relay	3 heats
11:30 a.m.	Men's 4x100 Meter Relay	3 heats
11:45 a.m.	Women's 1,500 Meters	1 heat
11:55 a.m.	Men's 1,500 Meters	1 heat
12:05 p.m.	Women's 100 Meter Hurdles	9 heats
12:40 p.m.	Men's 110 Meter Hurdles	5 heats
01:00 p.m.	Women's 400 Meters	6 heats
01:20 p.m.	Men's 400 Meters	9 heats
01:50 p.m.	Women's 100 Meters	11 heats
02:25 p.m.	Men's 100 Meters	12 heats
03:00 p.m.	Women's 800 Meters	2 heats
03:10 p.m.	Men's 800 Meters	1 heat
03:15 p.m.	Women's 400 Meter Hurdles	6 heats
03:35 p.m.	Men's 400 Meter Int. Hurdles	5 heats
03:55 p.m.	Women's 200 Meters	14 heats
04:35 p.m.	Men's 200 Meters	16 heats
05:25 p.m.	Women's 4x400 Meter Relay	1 heat
05:45 p.m.	Men's 4x400 Meter Relay	1 heat