



PACIFIC COAST INVITATIONAL

Jack Rose Track • Long Beach State University

Thursday, April 16, 2026

FINAL Time Schedule as of April 14, 2026

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
11:20 a.m.	Women's High Jump	East Pit	Flight #2
01:35 p.m.	Women's High Jump	East Pit	Flight #3
03:15 p.m.	Women's High Jump	East Pit	Flight #1
09:00 a.m.	Men's High Jump	West Pit	Flight #1
11:40 a.m.	Men's High Jump	West Pit	Flight #2
09:00 a.m.	Women's Pole Vault	West Runway	Flight #1
11:30 a.m.	Women's Pole Vault	West Runway	Flight #3
02:00 p.m.	Women's Pole Vault	West Runway	Flight #4
04:00 p.m.	Women's Pole Vault	West Runway	Flight #2
09:05 a.m.	Men's Pole Vault	East Runway	Flight #1
11:35 a.m.	Men's Pole Vault	East Runway	Flight #2
02:05 p.m.	Men's Pole Vault	East Runway	Flight #3
09:30 a.m.	Women's Long Jump	West Runway	Flight #1-4
09:35 a.m.	Men's Long Jump	East Runway	Flight #1-3
01:30 p.m.	Men's Triple Jump	East Runway	Flight #1
02:00 p.m.	Women's Triple Jump	West Runway	Flight #1-2

TRACK EVENTS TIME SCHEDULE

Start	Event	Heat
11:10 a.m.	NATIONAL ANTHEM	
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 heats
11:55 a.m.	Men's 1,500 Meters	1 heats
12:05 p.m.	Women's 100 Meter Hurdles	8 heats
12:40 p.m.	Men's 110 Meter Hurdles	5 heats
01:00 p.m.	Women's 400 Meters	9 heats
01:30 p.m.	Men's 400 Meters	8 heats
02:00 p.m.	Women's 100 Meters	12 heats
02:35 p.m.	Men's 100 Meters	12 heats
03:10 p.m.	Women's 800 Meters	1 heats
03:15 p.m.	Men's 800 Meters	3 heats
03:30 p.m.	Women's 400 Meter Hurdles	5 heats
03:50 p.m.	Men's 400 Meter Int. Hurdles	3 heats
04:05 p.m.	Women's 200 Meters	14 heats
04:45 p.m.	Men's 200 Meters	12 heats
05:25 p.m.	Women's 4x400 Meter Relay	1 heats
05:45 p.m.	Men's 4x400 Meter Relay	1 heat