



TRACK & FIELD UNIVERSITY OF MICHIGAN

2026 Silverston Invitational

TENTATIVE TIME SCHEDULE

FIELD EVENTS

4:00 PM	Women's Weight Throw	4:00 PM	Men's & Women's Long Jump
5:15 PM	Men's Weight Throw	5:30 PM	Women's Triple Jump
6:15 PM	Women's Shot Put	6:45 PM	Men's Triple Jump
7:30 PM	Men's Shot Put		
4:00 PM	Women's High Jump	4:30 PM	Women's Pole Vault
6:00 PM	Men's High Jump	6:30 PM	Men's Pole Vault

RUNNING EVENTS

4:00 PM	60m Hurdles (Prelims)	Women
4:10 PM	60m Hurdles (Prelims)	Men
4:20 PM	60m Dash (Prelims)	Women
4:30 PM	60m Dash (Prelims)	Men
4:40 PM	60m Hurdles (Finals)	Women
4:45 PM	60m Hurdles (Finals)	Men
4:50 PM	60m Dash (Finals)	Women
4:55 PM	60m Dash (Finals)	Men
5:10 PM	Mile Run	Women
5:25 PM	Mile Run	Men
5:40 PM	400m Dash	Women
6:00 PM	400m Dash	Men
6:15 PM	600m Dash	Women
6:20 PM	600m Dash	Men
6:25 PM	800m Run	Women
6:35 PM	800m Run	Men
6:55 PM	200m Dash	Women
7:15 PM	200m Dash	Men
7:30 PM	3000m Run	Women
7:50 PM	3000m Run	Men
8:05 PM	4x400m Relay	Women
8:10 PM	4x400m Relay	Men