

Quaker Invitational

Saturday, January 17, 2026

Final Schedule

Throwing Events

11:30 AM	W Weight Throw
1:15 PM	M Weight Throw
2:30 PM	W Shot Put
4:15 PM	M Shot Put

Jumping Events

11:30 AM	W High Jump (pit near the dash finish)
11:30 AM	M High Jump (pit near the dash start)
11:30 AM	W Pole Vault (outside pit)
11:30 AM	M Long Jump (inside pit)
1:15 PM	W Long Jump (inside pit)
2:30 PM	M Pole Vault (inside pit)
3:00 PM	M Triple Jump (inside pit)
4:15 PM	W Triple Jump (inside pit)

Running Events (Women first & Men to follow)

1:30 PM	Mile
2:05 PM	60m Hurdles Prelims
2:30 PM	60m Prelims
2:55 PM	60m Hurdles Final (Men will run first for the hurdle final)
3:05 PM	60m Final
3:15 PM	400m
3:40 PM	500m
4:05 PM	800m
4:20 PM	1000m
4:50 PM	200m
5:15 PM	3000m
6:00 PM	4x400m Relay