



Pittsburg State Invitational

Saturday, January 26, 2019 - Pittsburg State University

Robert W. Plaster Center - Harvey Dean Track

Schedule of Events



Final - Updated 1/25/19

FIELD EVENTS

| | | |
|-------|------------------------------|-------|
| 11:00 | Weight Throw | Men |
| *2:00 | Weight Throw | Women |
| 11:00 | Shot Put | Women |
| *2:00 | Shot Put | Men |
| 11:00 | Long Jump (east runway) | Men |
| *2:00 | Triple Jump (east runway) | Men |
| 11:00 | Long Jump (west runway) | Women |
| *2:00 | Triple Jump (west runway) | Women |
| 11:00 | High Jump - Open | Men |
| 11:00 | Pole Vault - Open | Women |
| 1:00 | High Jump - Invitational | Men |
| 2:00 | Pole Vault - Invitational | Women |
| 3:30 | High Jump | Women |
| 4:00 | Pole Vault - Invitational | Men |
| 6:15 | Pole Vault - Open | Men |

* - Estimated Start Times on events, we will start these as soon as possible

TRACK EVENTS - Morning Session

| | | | |
|-------|---------------------|-------|------------------|
| 9:30 | 5000m Run | Women | All Sections |
| 9:55 | 5000m Run | Men | All Sections |
| 10:40 | 3000m Run | Women | Section 1 |
| 10:55 | 3000m Run | Men | Sections 1 and 2 |
| 11:25 | Mile Run | Women | Sections 1-3 |
| 11:45 | Mile Run | Men | Sections 1-3 |
| 12:10 | 60m Dash Qualifying | Women | |
| 12:40 | 60m Dash Qualifying | Men | |
| 1:30 | 60m Hurdles Prelims | Women | |
| 1:50 | 60m Hurdles Prelims | Men | |
| 2:10 | 60m Dash Prelims | Women | |
| 2:20 | 60m Dash Prelims | Men | |
| 2:35 | 800m Run | Women | Sections 1-3 |
| 2:50 | 800m Run | Men | Sections 1-3 |

TRACK EVENTS - Afternoon Session

| | | | |
|------|----------------------------|-------|-----------------|
| 3:30 | Mile Run | Women | Section 4 |
| 3:40 | Mile Run | Men | Section 4 |
| 3:50 | 60m Hurdles Final | Women | |
| 3:55 | 60m Hurdles Final | Men | |
| 4:00 | 60m Dash Final | Women | |
| 4:05 | 60m Dash Final | Men | |
| 4:10 | 400m Dash Final | Women | All Sections |
| 4:30 | 400m Dash Final | Men | All Sections |
| 4:55 | 600m Dash Final | Women | All Sections |
| 5:15 | 600m Dash Final | Men | All Sections |
| 5:35 | 800m Run | Women | Section 4 |
| 5:40 | 800m Run | Men | Section 4 |
| 5:50 | 200m Dash Final | Women | All Sections |
| 6:15 | 200m Dash Final | Men | All Sections |
| 6:45 | 3000m Run | Women | Section 3 |
| 6:45 | 4x400m Declaration Ends | Women | Relay Cards Due |
| 7:00 | 3000m Run | Men | Section 4 |
| 7:15 | 4x400m Relay Final | Women | All Sections |
| 7:30 | 4x400m Declaration Ends | Men | Relay Cards Due |
| 8:00 | 4x400m Relay Final | Men | All Sections |
| 8:10 | DMR Relay Declaration Ends | M/W | Relay Cards Due |
| 8:40 | Dist. Medley Relay | Women | All Sections |
| 8:55 | Dist. Medley Relay | Men | All Sections |

- Sections against time will be run slow-to-fast

- Relay Cards must be turned in **30 minutes** prior to the start of their races