



# Crimson & Gold Invitational

Saturday, December 9, 2023 - Pittsburg State University  
Harvey Dean Track / Robert W. Plaster Center

## Schedule of Events

Final - Updated 12/8/23



### Field Events

Noon	Weight Throw	Men
3:30	Weight Throw	Women
Noon	Shot Put	Women
3:30	Shot Put	Men
Noon	Long Jump	Men
12:30	High Jump - Open Section	Women
1:00	Pole Vault	Women
2:00	Long Jump	Women
3:00	High Jump - Invite Section	Women
4:00	Triple Jump	Men
5:00	High Jump	Men
5:00	Pole Vault	Men
6:00	Triple Jump	Women

*\* Field events will be run off as fast as possible*

*\*Relay cards due 30 min prior to start of relay, due back to the hip number station*

### Track Events (all finals)

10:30	5,000m Run	Men
11:15	5,000m Run	Women
12:15	60m Hurdles	Men
12:40	60m Hurdles	Women
1:05	Heptathlon 1000m	Men
1:15	60m Dash	Men
1:50	60m Dash	Women
2:25	Mile Run	Men
2:50	Mile Run	Women
3:25	300m Dash	Men
3:45	300m Dash	Women
4:10	400m Dash	Men
4:40	400m Dash	Women
5:15	600 yard Dash	Men
5:30	600 yard Dash	Women
5:45	800m Run	Men
6:05	800m Run	Women
6:30	200m Dash	Men
7:05	200m Dash	Women
7:15	<i>4x400m Relay Cards Due</i>	<i>Men</i>
7:45	4x400m Relay	Men
8:00	<i>4x400m Relay Cards Due</i>	<i>Women</i>
8:30	4x400m Relay	Women
9:20	3,000m Run	Men
9:45	3,000m Run	Women

**\*Sections will be run fast to slow**

**\*A countdown clock will be utilized at the start line for the 60m, 60h, 200m, 300m, and 400m to keep the meet on schedule**