



Crimson & Gold Invitational

Friday & Saturday, December 5-6, 2025 - Pittsburg State University

Harvey Dean Track / Robert W. Plaster Center

Schedule of Events

will be updated after the entry deadline



Saturday, Dec 6, 2025

Field Events

Noon	Weight Throw	Men
Noon	Long Jump	Men
Noon	High Jump	Women
1:00	Pole Vault	Women
2:15	Weight Throw	Women
2:30	Long Jump	Women
3:00	High Jump	Men
4:30	Shot Put	Men
4:45	Triple Jump	Men
5:00	Pole Vault	Men
6:00	Triple Jump	Women
6:30	Shot Put	Women

* All throwing events will be contested out of the North sector on the Plaster Center turf

* Long Jump/Triple Jump events will be contested on the raised runway on the Plaster Center turf

* 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

Friday, Dec 5, 2025

Track Events (all finals)

7:00	5,000m Run	Men
7:45	5,000m Run	Women

Saturday, Dec 6, 2025

Track Events (all finals)

11:30	60m Hurdles	Men
12:00	60m Hurdles	Women
12:20	60m Dash	Men
12:55	60m Dash	Women
1:40	Heptathlon 1000m	Men
1:50	Mile Run	Men
2:20	Mile Run	Women
2:55	300m Dash	Men
3:20	300m Dash	Women
3:55	400m Dash	Men
4:25	400m Dash	Women
5:00	600 yard Dash	Men
5:15	600 yard Dash	Women
5:30	800m Run	Men
5:45	800m Run	Women
6:05	200m Dash	Men
6:40	200m Dash	Women
6:50	4x400m Relay Cards Due	Men
7:20	4x400m Relay	Men
7:35	4x400m Relay Cards Due	Women
8:05	4x400m Relay	Women
8:55	3,000m Run	Men
9:25	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