

Larry Ellis Invitational May 2-3, 2025

Friday

Field Events

Hammer Throw – Women	2:00pm	Broadmead
Long Jump – Women	2:00pm	Weaver Women inner runway (closest to infield)
Long Jump – Men	2:00pm	Weaver Men outer runway (closest to track)
Javelin Throw – Men	2:00pm	Weaver
Javelin Throw – Women	3:00pm	Weaver
Hammer Throw – Men	4:00pm	Broadmead
Discus - Men	5:00pm	Weaver
Shot Put – Women	6:00pm	Weaver
Shot Put -Men	8:00pm	Weaver

Track

800m Elite-Women (Fast to slow 4 heats)	6:00pm
800m Elite- Men (Fast to slow 6 heats)	6:20pm
Unseeded 5000m – Women	6:45pm
Unseeded 5000m – Men	7:05pm
Elite 1500- Women (Fast to slow 4 heats)	7:25pm
1500 – Men (Fast to slow 4 heats)	7:45pm
Mike Brady 1500 Elite – Men	8:15pm
3000m Steeplechase- Women	8:25pm
3000m Steeplechase- Men (Fast to slow 2 heats)	8:40pm
5000m Seeded – Women	9:00pm
5000m Seeded – Men	9:20pm
10000m – Men	9:40pm

Saturday

Field Events

Pole Vault – Women	10:00am	
Pole Vault – Men	to follow women	
Discus- Women	10:30am	Weaver
High Jump – Men	11:00am	
High Jump – Women	to follow men	
Triple Jump – Women	12:00pm	Women inner runway (closest to infield)
Triple Jump – Men	12:00pm	Men outer runway (closest to track)

Track

10000m – Women	9:15am	
1500m – Women (3 heats)	10:00am	
1500m – Men (4 heats)	10:25am	
4x 100m Relay – Women	11:00am	
4x 100m Relay – Men	11:05am	
110m Hurdles – Men’s Prelims	11:15am	
100m Hurdles – Women’s Prelims	11:25am	
400m – Women	11:35am	
400m – Men	11:45am	
100m – Women	11:55am	
100m – Men	12:10pm	
Larry Ellis Recognition	12:15pm	
100m Hurdles Women’s Finals	12:30pm	
110m Hurdles Men’s Finals	12:35pm	
800m – Women (4 Heats)	12:40pm	
800m – Men (4 Heats)	12:50pm	
400m Hurdles – Women	1:05pm	Final 200 Meter declarations
400m Hurdles – Men	1:15pm	
200m – Women	1:30pm	
200m – Men	Rolling Schedule following W 200	
4 x 400m Relay – Women		
4 x 400m Relay – Men		