

Colorado Running Company UCCS Invitational
Schedule of Events
January 20, 2024

*All times are approximate. Weight Throw & Open Shot-Put events will be on a rolling time schedule. All Field Events will be contested with 3 attempts followed by finals.

FIELD EVENTS

11:30 AM Men's Weight Throw
Women's Pole Vault
Men's Long Jump

1:00 PM Women's Weight Throw
Men's High Jump
Women's Long Jump

2:30 PM Men's Triple Jump
Men's Shot Put
Women's High Jump
Men's Pole Vault

4:00 PM Women's Shot Put
Women's Triple Jump

RUNNING EVENTS

12:25 PM National Anthem

12:30 PM Men's 5,000m Final

12:50 PM Women's 60m Hurdle Prelim

1:00 PM Men's 60m Hurdle Prelim

1:15 PM Women's 60m Prelim

1:30 PM Men's 60m Prelim

1:45 PM Women's Mile Final

1:55 PM Men's Mile Final

2:10 PM Women's 400m Final

2:25 PM Men's 400m Final

2:40 PM Women's 60m Hurdle Final

2:45 PM Men's 60m Hurdle Final

2:55 PM Women's 60m Dash Final

3:00 PM Men's 60m Dash Final

3:05 PM Women's 800m Run Final

3:20 PM Men's 800m Run Final

3:40 PM Women's 200m Dash Final

3:50 PM Men's 200m Dash Final

4:10 PM Women's 3000m Final

4:25 PM Men's 3,000m Final

4:50 PM Women's 4x400m Relay Finals

4:55 PM Men's 4x400m Relay Finals

