



2024 Ken Shannon Invitational | FINAL SCHEDULE

Friday, February 23, 2024

FIELD EVENTS

Start	Event	
~12:45 p.m.	Heptathlon: Men's Long Jump	1 Section
~1:00 p.m.	Pentathlon: Women's High Jump	1 Section
1:00 p.m.	Men's Pole Vault	1 Section
1:00 p.m.	Women's Weight Throw	1 Section
~2:00 p.m.	Heptathlon: Men's Shot Put	1 Section
2:15 p.m.	Men's Long Jump	1 Flight
~3:00 p.m.	Pentathlon: Women's Shot Put	1 Flight
~3:00 p.m.	Heptathlon: Men's High Jump	1 Section
~4:00 p.m.	Pentathlon: Women's Long Jump	1 Section
4:00 p.m.	Men's Weight Throw	1 Flight
4:30 p.m.	Women's Pole Vault	1 Flight
5:00 p.m.	Women's Long Jump	2 Flights

RUNNING EVENTS

Start	Event	
12:00 p.m.	Heptathlon: Men's 60m Dash	
12:15 p.m.	Pentathlon: 60 Meter Hurdles	
3:00 p.m.	Women's 60m Hurdles Prelim	4 Heats
3:15 p.m.	Men's 60m Hurdles Prelim	3 Heats
3:30 p.m.	Women's 60m Dash Prelim	7 Heats
3:45 p.m.	Men's 60m Dash Prelim	6 Heats
4:00 p.m.	Women's 5000m Meter Run (Heat 1)	1 Heat
4:20 p.m.	Men's 5000m Meter Run	1 Heat
4:45 p.m.	Women's 60m Hurdles Final	2 Heat Final
4:50 p.m.	Men's 60m Hurdles Final	2 Heat Final
5:00 p.m.	Women's 60m Dash Final	2 Heat Final
5:05 p.m.	Men's 60m Dash Final	2 Heat Final
5:10 p.m.	Women's 200m Dash	9 Heats
5:30 p.m.	Men's 200m Dash	5 Heats
~5:45 p.m.	Pentathlon: Women's 800m Run	1 Section
5:50 p.m.	Men's INVITE 800m	1 Heat
5:55 p.m.	Women's 3000 Meter Run	3 Heats
6:25 p.m.	Men's 3000 Meter Run	3 Heats
6:55 p.m.	Women's INVITE 5000m (Heat 2)	1 Heat
7:15p.m.	Men's INVITE Mile	1 Heat

*All heats will be run SLOW to FAST



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Saturday, February 24, 2024

FIELD EVENTS

Start	Event	
10:00 a.m.	Men's Shot Put	1 Flight
10:00 a.m.	Women's Triple Jump	1 Flight
10:00 a.m.	Men's Triple Jump	1 Flight
10:00 a.m.	Men's High Jump	1 Section
~11:00 a.m.	Heptathlon: Men's Pole Vault	1 Section
12:00 p.m.	Women's Shot Put	1 Flight
12:00 p.m.	Women's High Jump	1 Section

RUNNING EVENTS

Start	Event	
10:00 a.m.	Heptathlon: Men's 60 Meter Hurdles	
10:45 a.m.	Women's 1 Mile Run	4 Heats
11:10 a.m.	Men's 1 Mile Run	4 Heats
11:30 a.m.	Women's 400 Meter Dash	8 Heats
11:55 a.m.	Men's 400 Meter Dash	9 Heats
12:20 p.m.	Women's 800 Meter Run	5 Heats
12:35 p.m.	Men's 800 Meter Run	3 Heats
1:00 p.m.	Women's Distance Medley Relay	1 Heat
1:15 p.m.	Men's Distance Medley Relay	1 Heat
~1:30 p.m.	Heptathlon: Men's 1000 Meter Run	1 Section
1:40 p.m.	Women's 4x400 Meter Relay	2 Heats
1:55 p.m.	Men's 4x400 Meter Relay	2 Heats

*All heats will be run SLOW to FAST