



## 2020 UW Invitational | FINAL TIME SCHEDULE

Friday, January 31, 2020

### **MEN'S HEPTATHLON – DAY ONE**

Start	Event	
1:00 p.m.	Men's Heptathlon 60 Meters	TBD
~1:45 p.m.	Men's Heptathlon Long Jump (1 pit)	
~3:05 p.m.	Men's Heptathlon Shot Put (1 ring)	
~4:15 p.m.	Men's Heptathlon High Jump (2 pits)	

### **WOMEN'S PENTATHLON – DAY ONE**

Start	Event	
1:30 p.m.	Women's Pentathlon 60-Meter Hurdles	TBD
~2:15 p.m.	Women's Pentathlon High Jump (2 pits)	
~4:15 p.m.	Women's Pentathlon Shot Put (2 rings)	
~5:45 p.m.	Women's Pentathlon Long Jump (1 pit)	
~7:30 p.m.	Women's Pentathlon 800 Meters	

### **FIELD EVENTS**

Start	Event	
5:00 p.m.	Women's Pole Vault (Flight #1)	1 Flight
5:00 p.m.	Men's Pole Vault (Flight #1)	1 Flight
~5:00 p.m.	Women's Weight Throw (To follow Pentathlon Shot)	3 Flights
~5:45 p.m.	Men's High Jump – Pit #1 (To follow Heptathlon High Jump)	1 Flight
~5:45 p.m.	Women's High Jump – Pit #2 (To follow Heptathlon High Jump)	1 Flight

### **RUNNING EVENTS**

Start	Event	
3:00 p.m.	Women's 60 Meter Hurdles, Preliminary	6 Heats
3:20 p.m.	Men's 60 Meter Hurdles, Preliminary	5 Heats
3:40 p.m.	Women's 5k (Heats 1-2)	2 Heats
4:20 p.m.	Men's 5k (Heats 1-2)	2 Heats
4:55 p.m.	Women's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
5:05 p.m.	Men's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
5:15 p.m.	Women's INVITATIONAL 5000 Meters (Heat 3)	1 Heat
5:35 p.m.	Men's INVITATIONAL 5000 Meters (Heat 3)	1 Heat
5:50 p.m.	Women's 200 Meters	11 Heats
6:10 p.m.	Men's 200 Meters	6 Heats
6:25 p.m.	Masters 200 Meters	2 Heats
6:30 p.m.	Women's Distance Medley Relay (Heats 1-2)	2 Heats
7:00 p.m.	Men's Distance Medley Relay (Heat 1-2)	2 Heats
~7:30 p.m.	Women's Pentathlon 800 Meters	TBD
7:40 p.m.	Women's INVITE Distance Medley Relay (Heat 3)	1 Heat

\*Schedule based on previous years and subject to adjustments based on field sizes

\*Heats will be run slow to fast. Please note: INVITE sections



## 2020 UW Invitational | FINAL TIME SCHEDULE

Saturday, February 1, 2020

### MEN'S HEPTATHON - DAY TWO

Start	Event
10:00 a.m.	Men's Heptathlon 60-Meter Hurdles
~11:15 a.m.	Men's Heptathlon Pole Vault (2 pits)
~3:05 p.m.	Men's Heptathlon 1000 Meters

### FIELD EVENTS

Start	Event	
10:00 a.m.	Men's Weight Throw	2 Flights
10:00 a.m.	Women's Long Jump	2 Flights
10:00 a.m.	Men's Long Jump	2 Flights
1:00 p.m.	Women's Shot Put	3 Flights
1:00 p.m.	Men's Shot Put	2 Flights
2:00 p.m.	Women's Triple Jump	2 Flights
2:00 p.m.	Men's Triple Jump	1 Flight
2:00 p.m.	Women's INVITATIONAL Pole Vault (Flight 2)	1 Flight
2:00 p.m.	Men's INVITATIONAL Pole Vault (Flight 2)	1 Flight

### MORNING RUNNING EVENTS

Start	Event	
10:00 a.m.	Men's Heptathlon 60-Meter Hurdles	TBD
10:20 a.m.	Women's Mile (Heats 1-5)	5 Heats
10:55 a.m.	Men's Mile (Heats 1-4)	4 Heats
11:25 a.m.	Women's 60 Meters, Preliminary	7 Heats
11:45 a.m.	Men's 60 Meters, Preliminary	7 Heats
12:10 p.m.	Masters 60 Meters	2 Heats
12:20 p.m.	Women's 400 Meters (Heats 1-10)	10 Heats
12:45 p.m.	Men's 400 Meters (Heats 1-6)	6 Heats
1:10 p.m.	Women's 800 Meters (Heats 1-5)	5 Heats
1:30 p.m.	Men's 800 Meters (Heats 1-4)	4 Heats
1:45 p.m.	Women's 3000 Meters (Heats 1-3)	3 Heats
2:25 p.m.	Men's 3000 Meters (Heats 1-3)	3 Heats
~2:55 p.m.	Men's Heptathlon 1000 Meters	2 Heats (If Necessary)
3:05 p.m.	Women's 4x400 Meter Relay (Heats 1-3)	3 Heats
3:20 p.m.	Men's 4x400 Meter Relay (Heat 1)	1 Heat

### AFTERNOON RUNNING EVENTS

Start	Event	
3:45 p.m.	Women's 60 Meters, Final	2-Section Final; 4 Per Heat
3:50 p.m.	Men's 60 Meters, Final	2-Section Final; 4 Per Heat
3:55 p.m.	Women's INVITE Mile (Heat 6)	1 Heat
4:05 p.m.	Men's INVITE Mile (Heats 5-6)	2 Heats
4:15 p.m.	Women's INVITE 400 Meters (Heat 11)	1 Heat
4:20 p.m.	Men's INVITE 400 Meters (Heat 7)	1 Heat
4:25 p.m.	Women's INVITE 800 Meters (Heats 6-7)	2 Heats
4:35 p.m.	Men's INVITE 800 Meters (Heat 5)	1 Heat
4:40 p.m.	Women's INVITE 3000 Meters (Heat 4)	1 Heat
4:50 p.m.	Men's INVITE 3000 Meters (Heat 4)	1 Heat
5:00 p.m.	Women's INVITE 4x400 Meter Relay (Heat 4)	1 Heat
5:05 p.m.	Men's INVITE 4x400 Meter Relay (Heat 2)	1 Heat

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\*Heats will be run slow to fast. Please note: INVITE sections