

**TRACK AND FIELD****2023 UW Invitational | TENTATIVE SCHEDULE**

***Heats all based on last years entry numbers-subject to change**

Friday, January 27, 2023

FIELD EVENTS

Start	Event	
3:00 p.m.	Women's Weight Throw	2 Flights
3:00 p.m.	Men's High Jump Flight 1	1 Flight
~5:00 p.m.	Men's Weight Throw (to follow Women's Weight)	1 Flight
~5:00 p.m.	Women's High Jump Flight 2 (to follow Flight 1)	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	4 Heats
3:40 p.m.	Women's 5k (Heat 1)	1 Heat
4:00 p.m.	Men's 5k (Heat 1)	1 Heat
4:30 p.m.	Women's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
4:45 p.m.	Men's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
5:00 p.m.	Women's INVITE 5000 Meters (Heat 2)	1 Heat
5:20 p.m.	Men's INVITE 5000 Meters (Heat 2)	1 Heat
5:40 p.m.	Women's 200 Meters	12 Heats
6:10 p.m.	Men's 200 Meters	6 Heats
6:30 p.m.	Women's Distance Medley Relay	2 Heats
7:10 p.m.	Men's Distance Medley Relay	2 Heats

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

***HEATS WILL BE RUN SLOW TO FAST.. Please note: INVITE sections**



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Saturday, January 28, 2023

FIELD EVENTS

Start	Event	
10:00 a.m.	Women's High Jump	1 Flight
10:00 a.m.	Women's Long Jump	2 Flights
10:00 a.m.	Men's Long Jump	2 Flights
10:00 a.m.	Men's Pole Vault	1 Flight
12:00 p.m.	Women's Shot Put	2 Flights
12:00 p.m.	Men's Shot Put	1 Flight
1:00 p.m.	Women's Pole Vault	1 Flight
1:00 p.m.	Women's Triple Jump	1 Flight
1:00 p.m.	Men's Triple Jump	1 Flight

RUNNING EVENTS

Start	Event	
9:30 a.m.	Women's 3000 Meters (Heats 1-3)	3 Heats
10:05 a.m.	Men's 3000 Meters (Heats 1-4)	4 Heats
11:00 a.m.	Women's 60 Meters, Preliminary	8 Heats
11:25 a.m.	Men's 60 Meters, Preliminary	5 Heats
11:45 a.m.	Women's 400 Meters	9 Heats
12:15 p.m.	Men's 400 Meters	6 Heats
12:30 p.m.	Women's Mile (all heats SLOW to FAST)	4 Heats
1:00 p.m.	Men's Mile (all heats SLOW to FAST)	6 Heats
1:30 p.m.	Women's 60 Meters, Final	2-Section Final; 4 Per Heat
1:40 p.m.	Men's 60 Meters, Final	2-Section Final; 4 Per Heat
1:50 p.m.	Women's 800 Meters	5 Heats
2:10 p.m.	Men's 800 Meters	4 Heats
2:25 p.m.	Women's INVITE 3000 Meters (Heats 4-5)	2 Heats
3:00 p.m.	Men's INVITE 3000 Meters (Heats 5-6)	2 Heats
3:30 p.m.	Women's 4x400 Meter Relay	2 Heats
3:40 p.m.	Men's 4x400 Meter Relay	2 Heats
3:50 p.m.	Club Mile-Mixed Gender	1 Heat
4:00 p.m.	Women's INVITE Mile (Heat 5-6)	2 Heats

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