



2025 UW Invitational | FINAL SCHEDULE

Friday January 31, 2025

MEN'S HEPTATHLON – DAY ONE (1 Section only of Hep)

Start	Event
1:00 p.m.	Men's Heptathlon 60 Meters
~1:45 p.m.	Men's Heptathlon Long Jump (1 pit)
~3:00 p.m.	Men's Heptathlon Shot Put (1 ring)
~4:30 p.m.	Men's Heptathlon High Jump (1 pit)

WOMEN'S PENTATHLON – DAY ONE (1 Section of Pent)

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

FIELD EVENTS

Start	Event	
12:00 p.m.	Men's High Jump	1 Flight
1:00 p.m.	Women's Pole Vault	1 Flight
3:00 p.m.	Women's Triple Jump-Pit 1	1 Flight
3:00 p.m.	Men's Triple Jump-Pit 2	1 Flight
4:00 p.m.	Men's Pole Vault	1 Flight
~5:30 p.m.	Men's Weight Throw Flight 1 (To follow Pentathlon Shot)	1 Flight
~6:15 p.m.	Men's Weight Throw INVITE-Flight 2 (To follow Flight 1)	1 Flight

Women's High Jump and Weight Throw – moved to Saturday

RUNNING EVENTS

Start	Event	
2:00 p.m.	Women's 60 Meter Hurdles, Preliminary (Top 8 times advance)	4 Heats
2:15 p.m.	Men's 60 Meter Hurdles, Preliminary (Top 8 times advance)	3 Heats
2:35 p.m.	Women's 5k-Heat 1	1 Heat
2:55 p.m.	Men's 5k	2 Heats
3:30 p.m.	Women's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
3:35 p.m.	Men's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
3:45 p.m.	Women's 3000 Meters	4 Heats
4:35 p.m.	Men's 3000 Meters	5 Heats
5:25 p.m.	Women's 200 Meters	12 Heats
6:05 p.m.	Men's 200 Meters	11 Heats
6:40 p.m.	Masters 200 Meters	3 Heats
6:50 p.m.	Women's INVITE 5k (Heat 2)	1 Heat
7:10 p.m.	Women's DMR	1 Heat
7:25p.m.	Men's DMR	1 Heat
~7:30 p.m.	Women's Pentathlon 800 Meters	1 Heat

*Events will all be run SLOW to FAST. We will never run more than 10 minutes ahead of schedule.



2025 UW Invitational | FINAL SCHEDULE

Saturday February 1, 2025

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 (1 pit)
~3:05 p.m.	Men's Heptathlon 1000 Meters

FIELD EVENTS

Start	Event	
10:00 a.m.	Women's High Jump (Flight 1)	
10:00 a.m.	Women's Weight Throw	2 Flights
10:00 a.m.	Women's Long Jump (both flights concurrently)	2 pits
12:30 p.m.	Women's High Jump (INVITE Flight 2)	
1:00 p.m.	Men's Long Jump (both flights concurrently)	2 pits
2:00 p.m.	Women's Shot Put	2 Flights
2:00 p.m.	Men's Shot Put	1 Flight

MORNING RUNNING EVENTS

Start	Event	
10:00 a.m.	Men's Heptathlon 60-Meter Hurdles	TBD
10:20 a.m.	Women's 60 Meters, Preliminary (Top 8 times advance)	10 Heats
10:40 a.m.	Men's 60 Meters, Preliminary (Top 8 times advance)	10 Heats
10:55 a.m.	Master's 60 Meters	2 Heats
11:00 a.m.	Women's Mile	9 Heats
12:00 p.m.	Men's Mile	9 Heats
12:50 p.m.	Women's 60 Meters, Final	2-Section Final; 4 Per Heat
12:55 p.m.	Men's 60 Meters, Final	2-Section Final; 4 Per Heat
1:10 p.m.	Men's INVITE 800 Meters	1 Heat
1:15 p.m.	Men's INVITE 600 Meters	1 Heat
1:20 p.m.	Women's 400 Meters	8 Heats
1:45 p.m.	Men's 400 Meters	7 Heats
2:10 p.m.	Women's 800 Meters	8 Heats
2:40 p.m.	Men's 800 Meters	8 Heats
~3:05 p.m.	Men's Heptathlon 1000 Meters	1 Heat
3:15 p.m.	Women's 4x400 Meter Relay	3 Heats
3:30 p.m.	Men's 4x400 Meter Relay	2 Heats

*Events will all be run SLOW to FAST (with the exception of invite sections). We will never run more than 10 minutes ahead of schedule.