



## 2026 UW Invite/Mile City | FINAL Schedule

Friday January 30, 2026

### FIELD EVENTS

Start	Event	
10:00 a.m.	Women's High Jump	1 Flight
10:00 a.m.	Men's Weight Throw	1 Flight
11:00 a.m.	Women's Triple Jump-Section B	1 Flight
11:00 a.m.	Men's Triple Jump-Section B	1 Flight
12:00 p.m.	Men's High Jump	1 Flight
12:00 p.m.	Women's Weight Throw	1 Flight
12:00 p.m.	Women's Pole Vault-Section B	1 Flight
2:00 p.m.	Women's Shot Put	2 Flights
2:00 p.m.	Women's Long Jump	2 Flights
2:00 p.m.	Men's Long Jump	2 Flights
4:00 p.m.	Men's Pole Vault-Section B	1 Flight
5:00 p.m.	Men's Shot Put	2 Flights

### RUNNING EVENTS

Start	Event	
10:00 a.m.	Women's 60 Meter Hurdles, Preliminary (Top 8 times advance)	8 Heats
10:18 a.m.	Men's 60 Meter Hurdles, Preliminary (Top 8 times advance)	5 Heats
10:30 a.m.	Women's 60 Meters, Preliminary (Top 8 times advance)	10 Heats
10:50 a.m.	Men's 60 Meters, Preliminary (Top 8 times advance)	7 Heats
11:20 a.m.	Women's 5k	1 Heat
11:45 a.m.	Men's 5k	1 Heat
12:10 p.m.	Women's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
12:20 p.m.	Men's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
12:35 p.m.	Women's 60 Meters, Final	2-Section Final; 4 Per Heat
12:40 p.m.	Men's 60 Meters, Final	2-Section Final; 4 Per Heat
12:45 p.m.	Women's 3000 Meters	5 Heats
1:45 p.m.	Men's 3000 Meters	4 Heats
2:30 p.m.	Women's 200 Meters	10 Heats
2:55 p.m.	Men's 200 Meters	6 Heats
3:20 p.m.	Women's 800 Meters	10 Heats
4:00 p.m.	Men's 800 Meters	7 Heats
4:25 p.m.	Women's 400 Meters	7 Heats
4:50 p.m.	Men's 400 Meters	5 Heats
5:10 p.m.	Women's INVITE 3k	
5:20 p.m.	Men's INVITE 3k	
5:30 p.m.	Women's INVITE 5k	
5:50 p.m.	Men's INVITE 5k	
6:10 p.m.	Women's 4x400 Meters	3 Heats
6:35 p.m.	Men's 4x400 Meters	1 Heat

\*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.



# 2026 UW Invite/Mile City | FINAL SCHEDULE

**Saturday January 31, 2026**

## **FIELD EVENTS**

Start	Event	
11:00 a.m.	Women's Pole Vault INVITE	1 Flight
11:00 a.m.	Women's Triple Jump INVITE	1 Flight
2:00 p.m.	Men's Pole Vault INVITE	1 Flight
2:00 p.m.	Men's Triple Jump INVITE	1 Flight

## **MILE CITY RUNNING EVENTS**

Start	Event	
9:00 a.m.	<b>WOMEN'S Seeded</b> Mile Sections-SLOW to Fast <b>(Seeded sections: mile times will range from 4:38 to 5:20)</b> ~Rolling Schedule: as each section finishes, the next will line up on the track	Heats 1-17
11:00 a.m.	<b>MEN'S Seeded</b> Mile Sections-SLOW to Fast <b>(Seeded sections: mile times will range from 3:58 to 4:34)</b> ~Rolling Schedule: as each section finishes, the next will line up on the track	Heats 1-25
1:45 p.m.	<b>Women's INVITE</b> Mile	
1:50 p.m.	<b>Women's INVITE</b> Mile	
2:00 p.m.	<b>Men's INVITE</b> Mile	
2:05 p.m.	<b>Men's INVITE</b> Mile	
2:30 p.m.	<b>Women's Open</b> Mile Sections-SLOW to Fast <b>(Open sections: mile times 5:21 and slower)</b> ~Rolling Schedule: as each section finishes, the next will line up on the track	Heats 1-10
4:00 p.m.	<b>Men's Open</b> Mile Sections-SLOW to Fast <b>(Open sections: mile times 4:35 and slower)</b> ~Rolling Schedule: as each section finishes, the next will line up on the track	Heats 1-20
~6:00 p.m.	Approximate end of Mile City	

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