

Westminster College
Westminster Invitational
April 11th, 2026

FIELD EVENTS:

Friday Hammer will be held at Slippery Rock U. any questions regarding parking or location can be directed to Bill Jordan william.jordan@sru.edu

Friday April 10th: HAMMER ONLY (At Slippery Rock U) 2:30 MEN Followed by Women Weigh ins from 1 to 2 PM.

Sat: April 11th **WE WILL RUN AHEAD OF SCHEDULE IN THE THROWS IF POSSIBLE.**

9:45AM Discus MEN ‘A’ Flight Top-15 THROWERS plus Final Immediately Following Women ‘A’ Flight Top 15 Plus Final Immediately after Men

10:00AM- Long Jump* (Men in Outer Pit/Women in Inner Pit)
Javelin Women followed by Men

11:00AM Pole Vault Men followed by Women- raised runway moved to favorable wind (Inside Vault possibility if inclement weather)

12:00 PM High Jump- Women followed by Men

12:15 PM (approx.) SHOT PUT Men and Women in Separate Throwing Rings

12:30 (approx.) Triple Jump* WOMEN Followed by Men (Upon Completion of Long Jump)
**Women’s “B” Standard Triple Jump will begin 30 Min after women’s Long Jump Women’s “A” TJ will begin 30 min after Men’s Long Jump
Men’s TJ will follow “A” Women’s TJ. If any women in the “B” TJ need more runway, we can move them to the “A” The Inner Runway is shorter and cannot accommodate Longer Runs.
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4PM Men ‘B’ Flights Discus followed by ‘B’ Flight Women (or 30 minutes after the conclusion of Shot Put)

RUNNING EVENTS: Rolling Time Schedule, Women Run First in All Events

9:45 AM 10000 Meters (M/W run together) *
5000 METERS 'A' Section (top 30 runners)
400m Relay
1500m
100m/110m Hurdles
400m
100m
800m
400m Hurdles
200m
3000m Steeplechase
1600m Relay
5000 Meter Run 'B' Section

Running Events:

All Events are Final. The fastest heat (according to seed times) will run first.
Schedule will be rolling.

There will be announcements to DECLARE for the 200, 3000SC, and the 4 x 400. Sometime after the 400 H will be Declarations to Run these races. We will Reseed the 200 D and eliminate a Heat of 3000SC if we get under 20 runners (there are currently two men's Heats). We will also reseed the 4 x 400 Relay.

*If anyone thinks they will be running National Mark times, please let me know and we will have to run the 10Ks separately.

Results: www.thetimingcrew.com