

**2024 WHITWORTH TWILIGHT INVITE AND ALUMNI MEET  
WHITWORTH UNIVERSITY  
THURSDAY - APRIL 11, 2024**

**FINAL SCHEDULE (as of Wednesday 9am)**

**Field Events**

2:45 pm	Women's Discus, Men to follow	1F/1F	Top 8 to finals
3:00 pm	Women's Pole Vault, Men to follow		2.63/2.98 by 15cm
3:30 pm	Women's Triple Jump, Men follow	1F/1F	Top 8 to finals
3:30 pm	Men's High Jump, Women to follow		1.63/1.23 by 5 cm
Approx 4:00pm After WDisc	Women's Shot Put, Men to follow	1F/1F	Top 8 to finals
Approx. 4:15pm Follows MTJ	Women's Long Jump, Men follows	1F/1F	Top 8 to finals
4:30 pm	Men's Javelin, Women follow	1F/1F	Top 8 to finals
Approx. 5pm Follow MDisc	Women's Hammer, Men to follow	1F/1F	Top 8 to finals

**Track Events**

Women events precede men's unless otherwise listed

2:05 pm	Men's 4x800 relay	1H
2:15 pm	Women's 10K	1H
3:00 pm	Men's 10K	1H
3:35	Women's Steeplechase	1H
3:50	Men's Steeplechase	1H
4:05	400 meter relay	1H/1H
4:13	1500m	2H/2H
4:37	100H	1H
4:42	110H	2H
5:00	400m	1H/1H
5:07	100m	2H/2H
5:20	800m	2H/2H
5:38	400H	1H/1H
5:50	200m	2H/2H
6:00	Women's 5K	1H
6:25	Men's 5K	1H
6:45	1600m relay	1H/1H
7:00	Wheelchair 100m	1H

**Check in to Field Events at the Event Approx. 30 min prior to event**

**Check in to Running Events 30 min prior to start AT THE CLERKING  
TABLE BY THE TIMING TENT.**

**The meet may go as much as 5min ahead of schedule**