



WHITWORTH INDOOR INVITE

FEBRUARY 14-15, 2025

FINAL SCHEDULE (as of THURSDAY Feb 13 9am)

Friday February 14, 2025

MEN'S HEPTATHON – DAY ONE

Start	Event
11:25 AM	National Anthem
11:30 AM	Men's Heptathlon 60 Meters (2 heats)
~12:10 PM	Men's Heptathlon Long Jump (2 pits/ 2 flight)
~1:30 PM	Men's Heptathlon Shot Put (1 ring/ 1 flight)
~3:45 PM	Men's Heptathlon High Jump (2 pit)

WOMEN'S PENTATHLON – DAY ONE

Start	Event
12:00 PM	Women's Pentathlon 60-Meter Hurdles (4 heats)
~12:45 PM	Women's Pentathlon High Jump (2 pit)
~3:45 PM	Women's Pentathlon Shot Put (1 ring/1 flights)
~5:15 PM	Women's Pentathlon Long Jump (2 pit/2 flights)
~6:50 PM	Women's Pentathlon 800 Meters (2 heats)

FIELD EVENTS

Start	Event
1:00 PM	Women's Weight Throw (2 flights)
1:15 PM	Women's Long Jump (2 flights)
1:15 PM	Men's Long Jump (3 flights)
4:00 PM	Women's Pole Vault (2 pits) 2.45 by 15cm to 4.10 then by 10 4.20
~4:00 PM	Men's Weight Throw (follow Women WT) (3 flights)

RUNNING EVENTS

Start	Event
5:00 PM	Women's DMR
5:14 PM	Men's DMR
5:25 PM	Women's 5000 Meters
5:50 PM	Men's 5000 Meters
6:10 PM	Women's 4 x 800
6:25 PM	Men's 4 x 800
6:35 PM	Women's 4 x 200 relay
6:40 PM	Men's 4 x 200 relay
~6:50 PM	Women's Pentathlon 800 Meters (2 heats)



Saturday February 15, 2025

MEN'S HEPTATHON – DAY TWO

Start	Event
11:30 AM	Men's Heptathlon 60-Meter Hurdles (5 heats)
~1:00 PM	Men's Heptathlon Pole Vault (2 pits)
~4:30 PM	Men's Heptathlon 1000 Meters

FIELD EVENTS

Start	Event	
10:00 AM	Women's Triple Jump (1 pit/ 1 flight)	
10:00 AM	Men's Triple Jump (1 pit/2 flights)	
10:00 AM	Women's Shot Put (1 pit/2-3 flights)	
10:00 AM	Men's Shot Put (1 pit/3 flights)	
10:00 AM	Men's Pole Vault (2 pits)	Open 3.55 by 15
1:00 PM	Women's High Jump (2 pit)	1.39 by 5 to 1.64 then by 3 to 1.67
~3:00 PM	Men's High Jump (foll WHJ) (2 pits)	1.65 by 5 to 2.0 then by 3 to 2.03

RUNNING EVENTS

9:25 AM	Men's 3000 Meters (section 1-2)	2 Heats – slowest
9:50 AM	National Anthem	
10:00 AM	Women's 60 Meters, Semis	16 fast time advance/8 free pass
10:15 AM	Men's 60 Meters, Semis	16 fast time advance/8 free pass
10:40 AM	Women's 60m Hurdles, Prelim	4 winner and 4 fastest times
10:52 AM	Men's 60m Hurdles, Prelim	3 winner and 5 fastest time
11:05 AM	Women's 60 Meters, Prelim	3 winner and 5 fast
11:14 AM	Men's 60 Meters, Prelim	3 winner and 5 fast
11:24 AM	Women's 60m Hurdles, FINAL	
11:27 AM	Men's 60m Hurdles, FINAL	
11:30 AM	Men's Heptathlon 60-Meter Hurdles (5 heats)	
11:50 AM	Women's 60 Meters, FINAL	
11:54 AM	Men's 60 Meters FINAL	
12:10 PM	Women's Mile	
12:40 PM	Men's Mile	
1:00 PM	Women's 400 Meters	
1:15 PM	Men's 400 Meters	
1:40 PM	Women's 800 Meters	
1:53 PM	Men's 800 Meters	
2:03 PM	Women's 200 Meters	
2:45 PM	Men's 200 Meters	
3:28 PM	Women's 3000 Meters (section 3)	
3:53 PM	Men's 3000 Meters (section 4)	
4:14 PM	Women's 4x400-Meter Relay	
4:22 PM	Men's 4x400 Meter Relay	
~4:30 PM	Men's Heptathlon 1000 Meters	

*Schedule subject to adjustments based on field size

**Per NCAA rule, heats will be run fast to slow, except for straight away races