



WINTHROP INVITATIONAL AND MULTI FESTIVAL

Friday, April 17th - Saturday April 18th, 2026

MEET INFORMATION

Location	Irwin Belk Track, Winthrop University, Rock Hill, South Carolina
Entry Procedure	<p>Entry Deadline is Monday, April 13th at 5:00 PM ET. All entries must be received through Direct Athletics. All entry fees must be paid in full online on Direct Athletics prior to the Entry Deadline.</p> <p>When entering, please submit marks in those events achieved after the start date of the 2025 Outdoor track and field season. Meet management reserves the right to select which entries will be accepted and in which sections entrants will be placed. Unattached athletes should email Aidan Fiol at fiola@winthrop.edu to request entry.</p>
Entry Fee	\$600 per gender per team. \$25 per unattached athlete. Unattached athletes are accepted at the discretion of the head track and field coach
Accepted Entries	A list of accepted entries will be available on Tuesday April 14 th
Schedule of events	A preliminary time schedule is attached. Time schedule will be revised based on entries received
Facility Access	Irwin Belk Track will be open to competitors and coaches two hours prior to the start of competition each day. Only athletes will be permitted inside competition areas. Warm-ups will NOT be allowed to be conducted on the track while competition is underway
Declarations	Final declarations for all events occur at initial check-in for each event. For running events, this occurs at the clerking area no later than 30 minutes before the scheduled start of the event. For field events, this occurs by checking in with the official at the field event site no later than 30 minutes before the scheduled start of the athletes scheduled flight
Implement Inspection	Implement weigh in must be inspected no later than 30 minutes before the scheduled start of the athlete's scheduled flight
Spikes	Athletes may only wear ¼ inch pyramid spikes, unless competing in the High Jump or Javelin Throw, in which case ⅜ inch pyramid spike are acceptable. No pin/needle/Christmas tree spikes will be allowed on the competition surface.
Timing/Results:	Results and start lists will be posted on mitchelltiming.com
Sports Medicine	EMS will be on site. Please contact Taylor Terwilliger (taylor.terwilliger@advocatehealth.com) for more information
Meet Director	Aidan Fiol, Assistant Track and Field / Cross Country Coach fiola@winthrop.edu 203-908-5048



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FRIDAY RUNNING EVENTS

Time	Event	Gender
5:00 p.m.	200 Meters	Women
5:20 p.m.	200 Meters	Men
5:40 p.m.	400 Meter Hurdles	Women
5:50 p.m.	400 Meter Hurdles	Men
6:00 p.m.	1,500 Meters	Women
6:25 p.m.	1,500 Meters	Men
6:50 p.m.	3,000 Meter Steeplechase	Women
7:05 p.m.	3,000 Meter Steeplechase	Men
7:20 p.m.	5,000 Meters	Women
7:40 p.m.	5,000 Meters	Men

SATURDAY RUNNING EVENTS

Time	Event	Gender
12:00 p.m.	100 Meter Hurdles	Women
12:15 p.m.	110 Meter Hurdles	Men
1:30 p.m.	4 X 100 Meter Relay	Women
1:40 p.m.	4 X 100 Meter Relay	Men
1:50 p.m.	<i>Senior Recognition</i>	
2:00 p.m.	800 Meters	Women
2:10 p.m.	800 Meters	Men
2:25 p.m.	400 Meters	Women
2:35 p.m.	400 Meters	Men
2:45 p.m.	100 Meters	Women
2:55 p.m.	100 Meters	Men
4:10 p.m.	4 X 400 Meter Relay	Women
4:20 p.m.	4 x 400 Meter Relay	Men

FRIDAY FIELD EVENTS

Time	Event	Gender
11:00 a.m.	Hammer throw	Women
11:00 a.m.	Javelin throw	Men
2:00 p.m.	Hammer throw	Men
2:00 p.m.	Javelin throw	Women
2:30 p.m.	Pole Vault	Men
3:00 p.m.	Long jump	Women
5:00 p.m.	Pole Vault	Women
5:00 p.m.	Long jump	Men

SATURDAY FIELD EVENTS

Time	Event	Gender
12:00 p.m.	High jump	Men
12:30 p.m.	Shot put	Men
12:30 p.m.	Discus throw	Women
12:30 p.m.	Triple jump	Women
2:00 p.m.	High jump	Women
2:30 p.m.	Shot put	Women
2:30 p.m.	Discus throw	Men
2:30 p.m.	Triple jump	Men

FRIDAY MULTI EVENTS

DECATHLON

Time	Event	Gender
11:00 a.m.	100 Meters	Men
11:35 p.m.	Long Jump	Men
12:30 p.m.	Shot put	Men
1:30 p.m.	High Jump	Men
3:20 p.m.	400 Meters	Men

SATURDAY MULTI EVENTS

DECATHLON

Time	Event	Gender
10:00 a.m.	110 Meter Hurdles	Men
10:35 a.m.	Discus Throw	Men
11:30 a.m.	Pole Vault	Men
1:15 p.m.	Javelin Throw	Men
2:30 p.m.	1,500 Meters	Men

HEPTATHLON

Time	Event	Gender
11:30 a.m.	100 Meters	Women
12:15 p.m.	Long Jump	Women
1:30 p.m.	Shot put	Women
2:30 p.m.	200 Meter	Women

HEPTATHLON

Time	Event	Gender
11:00 a.m.	Long Jump	Women
12:15 p.m.	Javelin Throw	Women
1:30 p.m.	800 Meters	Women