



TRACK AND FIELD

2019 UW Invitational | FINAL SCHEDULE

Friday, January 25, 2019

MEN'S HEPTATHON - DAY ONE

Start	Event	
1:00 p.m.	Men's Heptathlon 60 Meters	4 Heats
~1:45 p.m.	Men's Heptathlon Long Jump (2 pits)	
~3:00 p.m.	Men's Heptathlon Shot Put (2 rings)	
~4:30 p.m.	Men's Heptathlon High Jump (2 pits)	

WOMEN'S PENTATHLON - DAY ONE

Start	Event	
1:30 p.m.	Women's Pentathlon 60-Meter Hurdles	5 Heats
~2:30 p.m.	Women's Pentathlon High Jump (2 pits)	
~4:30 p.m.	Women's Pentathlon Shot Put (2 rings)	
~5:45 p.m.	Women's Pentathlon Long Jump (2 pits)	
~7:10 p.m.	Women's Pentathlon 800 Meters	

FIELD EVENTS

Start	Event	
5:00 p.m.	Women's Pole Vault (Flight #1)	1 Flight
5:00 p.m.	Men's Pole Vault (Flight #1)	1 Flight
~5:30 p.m.	Women's College Weight Throw (To follow Pentathlon Shot)	2 Flights
	Women's Invite Weight Throw (To follow College Weight Throw)	1 Flight
~6:00 p.m.	Men's High Jump - Pit #1 (To follow Heptathlon High Jump)	1 Flight
~6:00 p.m.	Women's High Jump - Pit #2 (To follow Heptathlon High Jump)	1 Flight

RUNNING EVENTS

Start	Event	
4:00 p.m.	Women's 60 Meter Hurdles, Preliminary	9 Heats
4:25 p.m.	Men's 60 Meter Hurdles, Preliminary	6 Heats
4:45 p.m.	Women's 5k (Heat 1)	1 Heat
5:05 p.m.	Men's 5k (Heat 1)	1 Heat
5:25 p.m.	Women's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
5:35 p.m.	Men's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
5:45 p.m.	Women's INVITATIONAL 5000 Meters	1 Heat
6:05 p.m.	Men's INVITATIONAL 5000 Meters	1 Heat
6:20 p.m.	Women's 200 Meters	11 Heats
6:40 p.m.	Men's 200 Meters	10 Heats
7:00 p.m.	Masters 200 Meters	3 Heats
~7:10 p.m.	Women's Pentathlon 800 Meters	2 Heats
7:30 p.m.	Women's Distance Medley Relay (Heat 1 & 2)	2 Heats
8:00 p.m.	Men's Distance Medley Relay (Heat 1)	1 Heat
8:15 p.m.	Women's INVITE Distance Medley Relay	1 Heat
8:30 p.m.	Men's INVITE Distance Medley Relay	1 Heat



2019 UW Invitational | FINAL SCHEDULE

Saturday, January 26, 2019

MEN'S HEPTATHON – DAY TWO

Start	Event	
10:00 a.m.	Men's Heptathlon 60-Meter Hurdles	5 Heats
~11:15 a.m.	Men's Heptathlon Pole Vault (2 pits)	
~2:15 p.m.	Men's Heptathlon 1000 Meters	

FIELD EVENTS

Start	Event	
10:00 a.m.	Men's College Weight Throw	2 Flights
	Men's Invite Weight Throw (To follow College Weight Throw)	1 Flight
10:00 a.m.	Women's Long Jump	3 Flights
10:00 a.m.	Men's Long Jump	2 Flights
1:00 p.m.	Women's College Shot Put	2 Flights
	Women's Invite Shot Put (To follow College Shot Put)	1 Flight
1:00 p.m.	Men's Shot Put	2 Flights
	Men's Invite Shot Put (To follow College Shot Put)	1 Flight
1:00 p.m.	Women's Triple Jump	2 Flights
1:00 p.m.	Men's Triple Jump	2 Flights
2:00 p.m.	Women's INVITATIONAL Pole Vault	1 Flight
2:00 p.m.	Men's INVITATIONAL Pole Vault	1 Flight

MORNING RUNNING EVENT

Start	Event	
10:00 a.m.	Men's Heptathlon 60-Meter Hurdles	5 Heats
10:15 a.m.	Women's 60 Meters, Qualifying	11 Heats
10:35 a.m.	Men's 60 Meters, Qualifying	7 Heats
10:50 a.m.	Women's Mile	3 Heats
11:15 a.m.	Men's Mile	2 Heats
11:30 a.m.	Women's 60 Meters, Preliminary (8 Auto Advancers + Qualifiers)	4 Heats
11:45 a.m.	Men's 60 Meters, Preliminary (8 Auto Advancers + Qualifiers)	4 Heats
12:00 p.m.	Masters 60 Meters	3 Heats
12:10 p.m.	Women's 400 Meters	9 Heats
12:35 p.m.	Men's 400 Meters	8 Heats
1:00 p.m.	Women's 800 Meters	5 Heats
1:20 p.m.	Men's 800 Meters	4 Heats
1:35 p.m.	Women's 3000 Meters	3 Heats
2:15 p.m.	Men's 3000 Meters	3 Heats
~2:50 p.m.	Men's Heptathlon 1000 Meters	2 Heats
3:05 p.m.	Women's 4x400 Meter Relay	3 Heats
3:20 p.m.	Men's 4x400 Meter Relay	2 Heats

AFTERNOON RUNNING EVENTS

Start	Event	
3:50 p.m.	Women's 60 Meters, Final	2-Section Final; 4 Per Heat
3:57 p.m.	Men's 60 Meters, Final	2-Section Final; 4 Per Heat
4:05 p.m.	Women's Mile Section 4 & 5	2 Heats
4:20 p.m.	Men's Mile Section 3 & 4	2 Heats
4:35 p.m.	Women's INVITE 400 Meters	1 Heat
4:37 p.m.	Men's INVITE 400 Meters	1 Heat
4:40 p.m.	Women's INVITE 800 Meters	1 Heat
4:45 p.m.	Men's INVITE 800 Meters	1 Heat
4:50 p.m.	Women's INVITE 3000 Meters	1 Heat
5:02 p.m.	Men's INVITE 3000 Meters	1 Heat
5:15 p.m.	Women's INVITE 4x400 Meter Relay	1 Heat
5:20 p.m.	Men's INVITE 4x400 Meter Relay	1 Heat