

RIVERFRONT INVITATIONAL

THE PODIUM.
POWERED BY stcū

Spokane
SPORTS

PRELIMINARY SCHEDULE

Thursday February 1, 2024

MEN'S HEPTATHLON – DAY ONE

Start	Event
12:00 PM	Men's Heptathlon 60 Meters
~12:45 PM	Men's Heptathlon Long Jump (1 pit)
~2:00 PM	Men's Heptathlon Shot Put (1 ring)
~3:30 PM	Men's Heptathlon High Jump (1 pit)

WOMEN'S PENTATHLON – DAY ONE

Start	Event
12:30 PM	Women's Pentathlon 60-Meter Hurdles
~1:30 PM	Women's Pentathlon High Jump (2 pits)
~3:15 PM	Women's Pentathlon Shot Put (2 rings)
~4:30 PM	Women's Pentathlon Long Jump (2 pits)
~6:00 PM	Women's Pentathlon 800 Meters

Friday February 2, 2024

MEN'S HEPTATHLON – DAY TWO

Start	Event
11:00 AM	Men's Heptathlon 60-Meter Hurdles
~11:45 AM	Men's Heptathlon Pole Vault (1 pit)
~2:50 PM	Men's Heptathlon 1000 Meters

FIELD EVENTS

Start	Event
12:30 PM	Women's Weight Throw
2:00 PM	Women's High Jump (2 pits)
2:00 PM	Women's Long Jump
5:00 PM	Men's High Jump (2 pits)
3:00 PM	Men's Long Jump
~ 5:00 PM	Men's Weight Throw

RUNNING EVENTS

3:00 PM	Women's 800 Meters
3:25 PM	Men's 800 Meters
3:50 PM	Women's 200 Meters
4:40 PM	Men's 200 Meters
5:30 PM	Women's 5000 Meters
5:50 PM	Men's 5000 Meters
6:15 PM	Women's DMR
6:30 PM	Men's DMR

Saturday February 3, 2024

FIELD EVENTS

Start	Event
11:00 AM	Women's Pole Vault (Open)
11:00 AM	Women's Pole Vault (Invite)
11:00 AM	Women's Shot Put
12:00 PM	Women's Triple Jump
2:00 PM	Men's Triple Jump
2:00 PM	Men's Pole Vault (Open)
2:00 PM	Men's Pole Vault (Invite)
2:00 PM	Men's Shot Put

RUNNING EVENTS

10:00 AM	Women's 3000 Meters (Sect 1)
10:15 AM	Men's 3000 Meters (Sect 1)
10:30 AM	Women's 60m Hurdles, Qualifying
10:50 AM	Men's 60m Hurdles, Qualifying
11:10 AM	Women's 60 Meters, Qualifying
11:30 AM	Men's 60 Meters, Qualifying
11:55 AM	Women's 60m Hurdles, Prelim
12:10 PM	Men's 60m Hurdles, Prelim
12:20 PM	Women's 60 Meters Prelim
12:30 PM	Men's 60 Meters Prelim
12:45 PM	Women's 60m Hurdles, FINAL
12:55 PM	Men's 60m Hurdles, FINAL
1:00 PM	Women's 60 Meters, FINAL
1:05 PM	Men's 60 Meters FINAL
1:20 PM	Women's Mile
2:00 PM	Men's Mile
2:40 PM	Women's 400 Meters
3:20 PM	Men's 400 Meters
3:55 PM	Women's 3000 Meters (Sect 2-3)
4:20 PM	Men's 3000 Meters (Sect 2-3)
4:45 PM	Women's 4x400-Meter Relay
5:10 PM	Men's 4x400 Meter Relay

**Per NCAA rule, heats will be run slow to fast, except for the 200 and 400 will be fast to slow