



WHITWORTH INDOOR INVITE

FEBRUARY 10-11, 2023

REVISED, not final TIME SCHEDULE

(updated Monday Feb 7 – 9am)

Friday February 10, 2023

MEN'S HEPTATHLON – DAY ONE

Start	Event	
1:45 PM	Men's Heptathlon 60 Meters	3 Heats of 6 - 18 participants
~2:30 PM	Men's Heptathlon Long Jump (1 pit)	18 participants
~3:45 PM	Men's Heptathlon Shot Put (1 ring)	18 participants
~5:15 PM	Men's Heptathlon High Jump (2 pit)	18 participants

WOMEN'S PENTATHLON – DAY ONE

Start	Event	
2:00 PM	Women's Pentathlon 60-Meter Hurdles	5 Heats of 4 - 19 participants
~2:45 PM	Women's Pentathlon High Jump (2 pit)	19 participants
~4:45 PM	Women's Pentathlon Shot Put (1 ring)	19 participants
~6:00 PM	Women's Pentathlon Long Jump (1 pit)	19 participants
~7:00 PM	Women's Pentathlon 800 Meters	19 participants

FIELD EVENTS

Start	Event	
1:30 PM	Women's Weight Throw	3 Flights – 43 participants
1:30 PM	Women's Long Jump	2 Flights – 30 participants
5:00 PM	Women's Pole Vault (2 pits) Opening Height 2.60 by 15cm	– 21 participants
~4:00 PM	Men's Long Jump (following Women's LJ)	3 Flights – 43 participants
~4:30 PM	Men's Weight Throw (follow Women WT)	3 Flights – 53 participants

RUNNING EVENTS

Start	Event	
5:00 PM	Women's DMR	1 Heat – 13 teams
5:15 PM	Men's DMR	1 Heat – 9 teams
5:30 PM	Women's 5000 Meters	1 Heat – 18 participants
5:55 PM	Men's 5000 Meters	2 Heatst – 26 participants
6:35 PM	Women's 4x800	1 Heat – 4 teams
6:45 PM	Men's 4x800	1 Heat – 4 teams

Saturday February 11, 2023

MEN'S HEPTATHON – DAY TWO

Start	Event	
12:00 PM	Men's Heptathlon 60-Meter Hurdles	5 Heats 4 -18 participants
~1:15 PM	Men's Heptathlon Pole Vault (2 pits)	18 participants
~6:00 PM	Men's Heptathlon 1000 Meters	18 participants

FIELD EVENTS

Start	Event	
9:00 AM	Women's Shot Put	3 Flights – 44 participants
10:00 AM	Men's Pole Vault (2 pits)	Opening Height 3.60 by 15 – 24 participants
10:00 AM	Women's Triple Jump (1 pit)	Board 8.5m - 2 Flights – 26 participants
~1:00 PM	Men's Triple Jump (follow Women's TJ)	Board 11m - 2 Flights – 25 participant
1:15 PM	Women's High Jump (2 pit)	Opening Height 1.43 by 5cm – 26 participants
~1:00 PM	Men's Shot Put (following Women's SP)	4 Flights – 66 participants
~3:30 PM	Men's High Jump (follow WHJ) Open	Height 1.72 by 52 Pits – 22 participants

RUNNING EVENTS

9:00 AM	Women's 3000 Meters (section 1-2)	2 Heats – slower ~25 participants
9350 AM	Men's 3000 Meters (section 1-2)	2 Heats – slowest ~34 participants
10:00 AM	National Anthem	
10:10 AM	Women's 60 Meters, Qualifying	8H (winner and 8 fastest) – 64 participants
10:30 AM	Men's 60 Meters, Qualifying	13H (winner and 11 fastest) – 105 participants
11:00 AM	Women's 60m Hurdles, Prelim	5 Heats (winner and 3 fast) – 35 participants
11:20 AM	Men's 60m Hurdles, Prelim	4 Heats (winner and 4 fast) – 25 participants
11:35 AM	Women's 60 Meters, Prelim	3 Heats – 8 pass + 16 qual (winner and 5 fast)
11:45 AM	Men's 60 Meters, Prelim	4 Heats – 8 free pass + 24 qual (winner and 4 fast)
11:55 PM	Women's 60m Hurdles, FINAL	1 Heat – 8 participants
12:15 PM	Men's 60m Hurdles, FINAL	1 Heat – 8 participants
12:20 PM	Women's 60 Meters, FINAL	1 Heat – 8 participants
12:25 PM	Men's 60 Meters FINAL	1 Heat – 8 participants
12:40 PM	Women's Mile	4 Heats – 73 participants
1:05 PM	Men's Mile	4 Heats – 61 participants
1:30 PM	Women's 400 Meters	13 Heats – 55 participants
1:55 PM	Men's 400 Meters	12 Heats – 51 participants
2:20 PM	Women's 800 Meters	3 Heats – 48 participants
2:30 PM	Men's 800 Meters	3 Heats – 51 participants
2:40 PM	Women's 200 Meters	20 Heats – 82 participats
3:20 PM	Men's 200 Meters	20 Heats – 96 participants
4:00 PM	Women's 3000 Meters (section 3-4)	2 Heats – fastest ~25
4:25 PM	Men's 3000 Meters (seectopm 3-4)	2 Heats – fasters ~25
4:45 PM	Women's 4x400-Meter Relay	4 Heats – 19 teams
5:10 PM	Men's 4x400 Meter Relay	5 Heats -25 teams

*Schedule subject to adjustments based on field size

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