

# RIVERFRONT INVITATIONAL

THE PODIUM.  
POWERED BY stcū

Spokane  
SPORTS

## FEBRUARY 1–3, 2024

### FINAL SCHEDULE

#### Thursday February 1, 2024

##### **MEN'S HEPTATHON – DAY ONE**

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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**

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Start	Event
12:30 PM	Women's Pentathlon 60-Meter Hurdles
~1:30 PM	Women's Pentathlon High Jump (2 pits)
~3:30 PM	Women's Pentathlon Shot Put (2 rings)
~4:45 PM	Women's Pentathlon Long Jump (2 pits)
~6:10 PM	Women's Pentathlon 800 Meters

#### Friday February 2, 2024

##### **MEN'S HEPTATHON – DAY TWO**

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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**

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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
~ 4:30 PM	Men's Weight Throw

##### **RUNNING EVENTS**

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3:00 PM	Women's 800 Meters
3:30 PM	Men's 800 Meters
3:55 PM	Women's 200 Meters
4:50 PM	Men's 200 Meters
5:40 PM	Women's 5000 Meters
6:00 PM	Men's 5000 Meters
6:20 PM	Women's DMR
6:35 PM	Men's DMR

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**Saturday February 3, 2024**

## **FIELD EVENTS**

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<b>Start</b>	<b>Event</b>
10:00 AM	Women's Shot Put
10:00 AM	Women's Pole Vault (Open)
11:00 AM	Women's Pole Vault (Invite)
11:00 AM	Women's Triple Jump
2:30 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**

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10:00 AM	Women's 60m Hurdles, Qualifying
10:20 AM	Women's 60 Meters, Qualifying
10:50 AM	Men's 60 Meters, Qualifying
11:20 AM	Women's 60m Hurdles, Prelim
11:35 AM	Men's 60m Hurdles, Prelim
11:50 AM	Women's 60 Meters Prelim
12:00 PM	Men's 60 Meters Prelim
12:15 PM	Women's 60m Hurdles, FINAL
12:25 PM	Men's 60m Hurdles, FINAL
12:35 PM	Women's 60 Meters, FINAL
12:40 PM	Men's 60 Meters FINAL
12:55 PM	Women's Mile
1:45 PM	Men's Mile
2:20 PM	Women's 400 Meters
3:15 PM	Men's 400 Meters
3:45 PM	Women's 3000 Meters
4:10 PM	Men's 3000 Meters
4:35 PM	Women's 4x400-Meter Relay
4:55 PM	Men's 4x400 Meter Relay

\*\*Heats will be run slow to fast, except for the 200 and 400, and 4x400 will be fast to slow