

SPOKANE SPORTS SHOWCASE



FINAL SCHEDULE

Friday January 12, 2024

FIELD EVENTS

10:00 AM	Women's Weight Throw
10:00 AM	Women's Long Jump
10:00 AM	Women's Pole Vault (1 pit)
10:00 AM	Men's Long Jump
12:30 PM	Men's Weight Throw (to follow Women's Weight)
1:00 PM	Women's High Jump (1 pit)
1:00 PM	Men's High Jump (1 pit)
1:30 PM	Men's Pole Vault (1 pit)
1:30 PM	Women's Shot Put
1:30 PM	Women's Triple Jump
2:00 PM	Men's Triple Jump
2:00 PM	Men's Shot Put

RUNNING EVENTS

10:00 AM	Women's 60 Meters, Qualifying
10:12 AM	Men's 60 Meters, Qualifying
10:30 AM	Women's 60m Hurdles, Prelim
10:40 AM	Men's 60m Hurdles, Prelim
10:50 AM	Women's 60 Meters Prelim
11:00 AM	Men's 60 Meters Prelim
11:15 AM	Women's 60m Hurdles, FINAL
11:25 AM	Men's 60m Hurdles, FINAL
11:35 AM	Women's 60 Meters, FINAL
11:40 AM	Men's 60 Meters FINAL
12:00 PM	Women's Mile
12:25 PM	Men's Mile
12:40 PM	Women's 400 Meters
12:55 PM	Men's 400 Meters
1:05 PM	Women's 300 Meters
1:15 PM	Men's 300 Meters
1:30 PM	Women's 800 Meters
1:45 PM	Men's 800 Meters
2:00 PM	Women's 200 Meters
2:20 PM	Men's 200 Meters
2:40 PM	Women's 3000 Meters
2:55 PM	Men's 3000 Meters
3:10 PM	Women's 4x400-Meter Relay
3:25 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**