



WHITWORTH INDOOR INVITE

FEBRUARY 9-10, 2024

UPDATED TENTATIVE SCHEDULE

(as of Feb 3, 2024 – it will be REVISED after entries AND then it will also be made FINAL after scratches)

Friday February 9, 2024

MEN'S HEPTATHLON – DAY ONE

Start	Event	
12:45 PM	Men's Heptathlon 60 Meters	20 participants
~1:30 PM	Men's Heptathlon Long Jump (1 pit)	participants
~3:15 PM	Men's Heptathlon Shot Put (1 ring)	participants
~5:15 PM	Men's Heptathlon High Jump (2 pit)	participants

WOMEN'S PENTATHLON – DAY ONE

Start	Event	
1:00 PM	Women's Pentathlon 60-Meter Hurdles	20 participants
~1:45 PM	Women's Pentathlon High Jump (2 pits)	participants
~3:45 PM	Women's Pentathlon Shot Put (1 ring)	participants
~5:00 PM	Women's Pentathlon Long Jump (1 pit)	participants
~7:00 PM	Women's Pentathlon 800 Meters	participants

FIELD EVENTS

Start	Event	
1:30 PM	Women's Weight Throw	48 participants
1:30 PM	Women's Long Jump	48 participants
4:00 PM	Women's Pole Vault (1 pit) Opening Height 2.47 by 15cm	24 participants
~4:00 PM	Men's Long Jump (following Women's LJ)	48 participants
~4:30 PM	Men's Weight Throw (follow Women WT)	48 participants

RUNNING EVENTS

Start	Event	
5:00 PM	Women's DMR	teams
5:15 PM	Men's DMR	teams
5:30 PM	Women's 5000 Meters	participants
5:55 PM	Men's 5000 Meters	participants
6:35 PM	Women's 4x800	teams
6:45 PM	Men's 4x800	teams



Saturday February 10, 2024

MEN'S HEPTATHON – DAY TWO

Start	Event	
12:00 PM	Men's Heptathlon 60-Meter Hurdles	20 participants
~1:15 PM	Men's Heptathlon Pole Vault (2 pits)	participants
~6:00 PM	Men's Heptathlon 1000 Meters	participants

FIELD EVENTS

Start	Event	
9:00 AM	Women's Triple Jump (1 pit)	32 participants
9:00 PM	Men's Triple Jump	32 participants
10:00 AM	Women's Shot Put	48 participants
10:00 AM	Men's Shot Put	48 participants
10:00 AM	Men's Pole Vault (1 pit)	Opening Height 3.47 by 15 – 30 participants
1:15 PM	Women's High Jump (2 pit)	Opening Height 1.42 by 5cm – 25 participants
~3:30 PM	Men's High Jump (follow WHJ) Open	Height 1.72 by 52 Pits – 25 participants

RUNNING EVENTS

8:30 AM	Women's 3000 Meters (section 1-3)	3 Heats – slower ~45 participants
9:15 AM	Men's 3000 Meters (section 1-3)	3 Heats – slowest ~45 participants
10:00 AM	National Anthem	
10:10 AM	Women's 60 Meters, Qualifying	8H (winner and 8 fastest) – 61 participants
10:30 AM	Men's 60 Meters, Qualifying	13H (winner and 11 fastest) – 101 participants
11:00 AM	Women's 60m Hurdles, Prelim	5 Heats (winner and 3 fast) – 34 participants
11:20 AM	Men's 60m Hurdles, Prelim	3 Heats (winner and 5 fast) – 24 participants
11:32 AM	Women's 60 Meters, Prelim	3 Heats – 8 pass + 16 qual (winner and 5 fast)
11:42 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 – 62 participants
1:05 PM	Men's Mile	3 Heats – 51 participants
1:20 PM	Women's 400 Meters	10 Heats – 51 participants
1:50 PM	Men's 400 Meters	10 Heats – 51 participants
2:15 PM	Women's 800 Meters	3 Heats – 43 participants
2:28 PM	Men's 800 Meters	4 Heats – 51 participants
2:40 PM	Women's 200 Meters	17 Heats – 77 participants
3:15 PM	Men's 200 Meters	17 Heats – 82 participants
3:50 PM	Women's 3000 Meters (section 4)	1 Heat – fastest ~14
4:05 PM	Men's 3000 Meters (section 4)	1 Heat – fastest ~14
4:25 PM	Women's 4x400-Meter Relay	4 Heats – 19 teams
4:45 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