

Stanford Track and Field Invitational

Meet Schedule

FRIDAY

Running Events

Time	Events	Section/Advancement
10:42 a.m.	M - 5000m	#4
11 a.m.	W - 5000m	#4
11:27am	W- 100mH Prelims	Prelims: 4 Races, Top 9
11:52 a.m.	M- 110mH Prelims	Prelims: 4 Races, Top 9
12:12 p.m.	W- 100m Prelims	Prelims: 4 Races, Top 9
12:27 p.m.	M- 100m Prelims	Prelims: 4 Races, Top 9
12:42 p.m.	W- 1500m	Open Sections
1:10 p.m.	M- 1500m	Open Sections
1:31 p.m.	G - 3000m	2 races
1:57 p.m.	B- 3000m	2 races
2:21 p.m.	G- 400mH	4 races
2:34 p.m.	W- 400mH	4 races
2:47 p.m.	B- 400mH	4 races
3:00 p.m.	M- 400mH	4 races
3:13 p.m.	G - Distance Medley Relay	2 races
3:45 p.m.	B - Distance Medley Relay	2 races
4:12 p.m.	W - 400m	6 races
4:36 p.m.	M - 400m	6 races
5:00 p.m.	W-100m	FINAL
5:03 p.m.	M- 100m	FINAL
5:06 p.m.	W - 3000m Steeple	#3
5:21 p.m.	W - 3000m Steeple	#2
5:36 p.m.	W - 3000m Steeple	#1
5:51 p.m.	M - 3000m Steeple	#3
6:05 p.m.	M - 3000m Steeple	#2
6:18 p.m.	M - 3000m Steeple	#1
6:31 p.m.	W - 1500m	#3
6:38 p.m.	W - 1500m	#2
6:45 p.m.	W - 1500m Invitational	#1
6:52 p.m.	M - 1500m	#3
6:58 p.m.	M - 1500m	#2
7:04 p.m.	M - 1500m Invitational	#1
7:13 p.m.	W - 5000m	#3
7:33 p.m.	W - 5000m	#2
7:53 p.m.	M - 5000m	#3
8:11 p.m.	M - 5000m	#2
8:29 p.m.	W - 5000m	#1
8:48 p.m.	M - 5000m	#1
9:04 p.m.	W- 10000m	#1
9:42 p.m.	M- 10000m	#1
10:13 p.m.	W - 10000m	#2
10:51 p.m.	M - 10000m	#2

Field Events

9 a.m.	M- Javelin Collegiate	1 Flight, 9 to final
10 a.m.	M- Hammer Collegiate	2 Flights, 9 to final
11 a.m.	W- Shot Put Invite (Ring 1)	1-2 Flights, 9 to final
11 a.m.	W- Shot Put Coll. (Ring 2)	2 Flights, 9 to final
11 a.m.	W. Javelin Invitational	1-2 Flights, 9 to final
11:30 a.m.	W - Pole Vault Invitational	
11:30 a.m.	M- Long Jump Collegiate	
11:30 a.m.	W- Long Jump Collegiate	
1 p.m.	M- High Jump	2 Sections
1:30 p.m.	M - Javelin Invitational	1-2 flights, 9 to final
2:45 p.m.	M- Long Jump Invitational	
2:45 p.m.	W- Long Jump Invitational	
2:30 p.m.	M - Pole Vault Invitational	
3 p.m.	W - Hammer Invitational	2 Flights, Top 9 to final
3:30 p.m.	W- High Jump	2 Sections
4 p.m.	M - Discus Invitational	1-2 Flights, Top 9 to final
5:30 p.m.	B- Long Jump	
5:30 p.m.	G- Long Jump	
5:45 p.m.	B- Pole Vault	
6:15 p.m.	M- Discus Collegiate	2 Flights, Top 9 to final

SATURDAY

Running Events

Time	Events	Section/Advancement
9:52 a.m.	G- 4X100m Relay	5 races
10:17 a.m.	B- 4X100m Relay	5 races
10:42 a.m.	G- mile	3 race
11:02 a.m.	B- mile	3 races
11:22 a.m.	G- 100mH	Prelims: 4 races, Top 9
11:37 a.m.	B- 110mH	Prelims: 4 races, Top 9
12:12 p.m.	G - 100m	Prelims: 6 races, Top 9
12:27 p.m.	B - 100m	Prelims: 7 races, Top 9
12:42 p.m.	Lori Maynard Kids Half Lapper	10 races
1:02 p.m.	W - 4X100 Relay	2 races
1:10 p.m.	M - 4X100 Relay	2 races
1:18 p.m.	G - 4X100 Relay	FINAL
1:22 p.m.	B- 4X100 Relay	FINAL
1:26 p.m.	G- 800m	4 races
1:49 p.m.	B- 800m	4 races
2:11 p.m.	W- 800m	8 races; Fast to Slow
2:38 p.m.	M- 800m	7 races; Fast to Slow
3:02 p.m.	W- 200m	6 races
3:23 p.m.	M- 200m	6 races
3:44 p.m.	G - 400m	5 races
3:59 p.m.	B - 400m	7 races
4:19 p.m.	G- 100H	FINAL
4:25 p.m.	W- 100H	FINAL
4:29 p.m.	B- 110mH	FINAL
4:36 p.m.	M- 110mH	FINAL
4:52 p.m.	G- 100m	FINAL
4:56 p.m.	B- 100m	FINAL
5:00 p.m.	W- 4X400m Relay	2 races
5:16 p.m.	M- 4X400m Relay	2 races
5:26 p.m.	G- 4X400m Relay	6 races
5:56 p.m.	B- 4X400m Relay	6 races

Field Events

9 a.m.	B- Discus	1 flight, 9 to final
9 a.m.	G - Shot Put (Ring 1)	1 Flight, 9 to final
9 a.m.	G - Shot Put (Ring 2)	1 Flight, 9 to final
10 a.m.	G - Pole Vault Invitational	
10 a.m.	B- Triple Jump	
10 a.m.	G- Triple Jump	
10 a.m.	G- High Jump Invitational	2 Sections
10 a.m.	W- Hammer Collegiate	2 Flights, 9 to final
11 a.m.	G- Discus	1 flight, 9 to final
1 p.m.	B- High Jump Invitational	2 Sections.
1 p.m.	M - Triple Jump Collegiate	
1 p.m.	W - Triple Jump Collegiate	
1 p.m.	B - Shot Put (Ring 1)	1 Flight, 9 to final
1 p.m.	B - Shot Put (Ring 2)	1 Flight, 9 to final
1 p.m.	W - Javelin Collegiate	2 Flights, 9 to final
1 p.m.	M- Hammer Invitational	1-2 Flights, Top 9 to final
1:30 p.m.	M- Pole Vault Collegiate	
3 p.m.	W - Discus Invitational	1-2 Flights, Top 9 to final
3 p.m.	M - Shot Put Invite (Ring 1)	1-2 Flights, Top 9 to final
3 p.m.	M - Shot Put Coll. (Ring 2)	2 Flights of 8-10, 9 to final
4 p.m.	M- Triple Jump Invitational	
4 p.m.	W- Triple Jump Invitational	
4:30 p.m.	W- Pole Vault Collegiate	
5 p.m.	W- Discus Collegiate	2 Flights, 9 to final

M = Collegiate/Open men

W = Collegiate/Open women

B = High School boys

G = High School girls