

2021 Spokane Invitational

FINAL TIME SCHEDULE

Saturday December 11, 2021 | THE PODIUM

FIELD EVENTS

Start	Event
9:00 a.m.	Men's High Jump (2 Pits)
9:00 a.m.	Women's Weight Throw
10:00 a.m.	Women's Pole Vault (2 pits)
10:00 a.m.	Women's Long Jump
10:00 a.m.	Men's Long Jump
~12:00 p.m.	Men's Weight Throw (to follow Women's Weight)
2:30 p.m.	Women's High Jump
2:00 p.m.	Men's Pole Vault (2 pits)
2:00 p.m.	Women's Triple Jump
2:00 p.m.	Men's Triple Jump
~2:30 p.m.	Women's Shot Put (to follow Men's Weight)
~2:30 p.m.	Men's Shot Put (to follow Men's Weight)

RUNNING EVENTS

10:00 a.m.	Men's 5000 Meters
11:15 a.m.	Women's 60m Hurdles, Prelim
11:30 a.m.	Men's 60m Hurdles, Prelim
11:50 a.m.	Women's 60 Meters, Qualifying
12:05 p.m.	Men's 60 Meters, Qualifying
12:20 p.m.	Women's 60 Meters, Prelim
12:35 p.m.	Men's 60 Meters, Prelim
1:00 p.m.	Women's 60m Hurdles, FINAL
1:07 p.m.	Men's 60m Hurdles, FINAL
1:15 p.m.	Women's 60 Meters, FINAL
1:20 p.m.	Men's 60 Meters FINAL
1:35 p.m.	Women's Invite 5000 Meters
1:55 p.m.	Women's Mile
2:10 p.m.	Men's Mile
2:25 p.m.	Women's 400 Meters
2:45 p.m.	Men's 400 Meters
3:05 p.m.	Women's 800 Meters
3:15 p.m.	Men's 800 Meters
3:35 p.m.	Women's 200 Meters
4:05 p.m.	Men's 200 Meters
4:30 p.m.	Women's 3000 Meters
4:55 p.m.	Men's 3000 Meters
5:20 p.m.	Women's 4x400-Meter Relay
5:30 p.m.	Men's 4x400 Meter Relay

*All sections Slow to Fast, except the 200m and 400m are Fast to Slow