

SPOKANE HS INVITATIONAL

FIFTH SEASON

20
25



PRELIMINARY SCHEDULE

JANUARY 24-26, 2025

FRIDAY, JANUARY 24

PRACTICE & PACKET PICKUP

2:00 p.m. – 6:30 p.m.

RUNNING EVENTS

6:45 p.m. Girl's Novice 200 Meters
 7:15 p.m. Boy's Novice 200 Meters
 7:45 p.m. Mixed 4x400 Meters
 8:00 p.m. Girl's 5,000 Meter Run
 8:30 p.m. Boy's 5,000 Meter Run

SATURDAY, JANUARY 25

FIELD EVENTS

Start	Event
9:00 a.m.	Girl's Long Jump (1 pit)
9:00 a.m.	Boy's Long Jump (1 pit)
9:00 a.m.	Girl's Shot Put
10:00 a.m.	Girl's Pole Vault (2 pits)
1:30 p.m.	Boy's Pole Vault (2 pits)
~1:30 p.m.	Boy's Shot Put (to follow Girl's Shot Put)
3:30 p.m.	Girl's High Jump (2 pits)

RUNNING EVENTS

9:00 a.m.	Girl's 800 Meters
9:30 a.m.	Boy's 800 Meters
	TRACK DOWN
10:15 a.m.	Girl's 60m Hurdles, Prelim
10:40 a.m.	Boy's 60m Hurdles, Prelim
11:05 a.m.	Girl's Open 60m, Prelim
11:55 a.m.	Boy's Open 60m, Prelim
1:05 p.m.	Girl's Invite 60m, Prelim
1:12 p.m.	Boy's Invite 60m, Prelim
1:20 p.m.	Girl's 60m Hurdles, FINAL
1:25 p.m.	Boy's 60m Hurdles, FINAL
1:30 p.m.	Girl's Open 60m, FINAL
1:35 p.m.	Boy's Open 60m, FINAL
1:40 p.m.	Girl's Invite 60m, FINAL
1:45 p.m.	Boy's Invite 60m, FINAL
	TRACK UP
1:55 p.m.	Girls 400 Meters
3:05 p.m.	Boy's 400 Meters
4:25 p.m.	Girl's 3,000 Meters
4:55 p.m.	Boy's 3,000 Meters
6:10 p.m.	Girl's 4x200 Meter Relay
6:30 p.m.	Boy's 4x200 Meter Relay

SUNDAY, JANUARY 26

FIELD EVENTS

Start	Event
9:00 a.m.	Girl's Triple Jump (1 pit)
9:00 a.m.	Boy's Triple Jump (1 pit)
10:00 a.m.	Girl's Weight Throw
~12:30 p.m.	Boy's Weight Throw (to follow Girl's Weight)
10:30 a.m.	Boy's High Jump (2 pits)

RUNNING EVENTS

9:00 a.m.	Girl's Freshman 200 Meters
9:30 a.m.	Boy's Freshman 200 Meters
10:00 a.m.	Girl's 4x800 Meter Relay
10:15 a.m.	Boy's 4x800 Meter Relay
11:00 a.m.	Girl's Open 200 Meters
12:00 p.m.	Boy's Open 200 Meters
1:00 p.m.	Girl's Open Mile
1:30 p.m.	Boy's Open Mile
2:45 p.m.	Girl's Invite 200 Meters (Top 24 Entries)
3:10 p.m.	Boy's Invite 200 Meters (Top 24 Entries)
3:35 p.m.	Girl's Invite Mile (Top 12 Entries)
3:45 p.m.	Boy's Invite Mile (Top 12 Entries)
3:55 p.m.	Girl's 4x400-Meter Relay
4:35 p.m.	Boy's 4x400 Meter Relay

VENUE OPEN FOR PRACTICE 1 HOUR POST COMPETITION