

# SPOKANE INVITATIONAL



## DECEMBER 13, 2025 | FINAL SCHEDULE

### FIELD EVENTS

Start	Event
9:00 a.m.	Men's High Jump (2 pit)
9:00 a.m.	Women's Weight Throw
10:00 a.m.	Women's Pole Vault (pit 1)
10:00 a.m.	Men's Pole Vault (pit 2)
10:00 a.m.	Men's Long Jump
10:00 a.m.	Women's Long Jump
~11:45 a.m.	Men's Weight Throw (to follow Women's Weight)
1:30 p.m.	Women's Shot Put
2:45 p.m.	Women's High Jump (2 pits)
2:30 p.m.	Women's Pole Vault – INVITE (pit 1)
2:30 p.m.	Men's Pole Vault – INVITE (pit 2)
2:00 p.m.	Women's Triple Jump
2:00 p.m.	Men's Triple Jump
~2:30 p.m.	Men's Shot Put (to follow Men's Weight)

### RUNNING EVENTS

10:00 a.m.	Women's 5000 Meters
10:25 a.m.	Men's 5000 Meters
11:00 a.m.	Women's 60m Hurdles, Prelim
11:20 a.m.	Men's 60m Hurdles, Prelim
11:35 a.m.	Women's 60 Meters, Prelim
11:50 a.m.	Men's 60 Meters, Prelim
12:15 p.m.	Women's 60m Hurdles, FINAL
12:22 p.m.	Men's 60m Hurdles, FINAL
12:27 p.m.	Women's 60 Meters, FINAL
12:30 p.m.	Men's 60 Meters FINAL
12:45 p.m.	Women's Mile
1:00 p.m.	Men's Mile
1:15 p.m.	Women's 400 Meters
1:25 p.m.	Men's 400 Meters
1:40 p.m.	Women's 300 Meters
2:00 p.m.	Men's 300 Meters
2:25 p.m.	Women's 800 Meters
2:30 p.m.	Men's 800 Meters
2:35 p.m.	Women's 600 Meters
2:45 p.m.	Men's 600 Meters
2:50 p.m.	Women's 200 Meters
3:10 p.m.	Men's 200 Meters
3:45 p.m.	Women's 3000 Meters
4:10 p.m.	Men's 3000 Meters
4:35 p.m.	Women's 4x400-Meter Relay
4:45 p.m.	Men's 4x400 Meter Relay
5:00 p.m.	Mixed 4x400 Meter Relay

\*All sections Fast to Slow