

SPOKANE SPORTS SHOWCASE



FRIDAY, JANUARY 16, 2026

FINAL SCHEDULE

FIELD EVENTS

10:30 AM	Women's Weight Throw
11:00 AM	Women's Long Jump
11:00 AM	Women's Pole Vault (1 pit)
11:00 AM	Men's Long Jump
~12:00 PM	Men's Weight Throw (to follow Women's Weight)
1:00 PM	Women's Shot Put
1:30 PM	Women's Triple Jump
1:30 PM	Men's Triple Jump
1:45 PM	Women's High Jump (1 pit)
1:45 PM	Men's High Jump (1 pit)
~1:30 PM	Men's Pole Vault (1 pit) (to follow Women's Vault)
~1:30 PM	Men's Shot Put (to follow Men's Weight)

RUNNING EVENTS

11:30 AM	Women's 60m Hurdles, Prelim
11:45 AM	Women's 60 Meters Prelim
11:55 AM	Men's 60 Meters Prelim
12:10 AM	Women's 60m Hurdles, FINAL
12:15 AM	Men's 60m Hurdles, FINAL
12:25 AM	Women's 60 Meters, FINAL
12:30 AM	Men's 60 Meters FINAL
12:45 AM	Women's 1000 Meters
12:50 AM	Men's 1000 Meters
12:55 AM	Women's Mile
1:10 PM	Men's Mile
1:25 PM	Women's 400 Meters
1:30 PM	Men's 400 Meters
1:40 PM	Women's 300 Meters
2:00 PM	Men's 300 Meters
2:15 PM	Women's 600 Meters
2:20 PM	Men's 600 Meters
2:25 PM	Women's 800 Meters
2:30 PM	Men's 800 Meters
2:35 PM	Women's 200 Meters
2:45 PM	Men's 200 Meters
2:55 PM	Women's 3000 Meters
3:10 PM	Men's 3000 Meters
3:20 PM	Women's 4x400-Meter Relay
3:30 PM	Men's 4x400 Meter Relay

*Sections will be run Fast to Slow