SPOKANE HIGH SCHOOL INVITATIONAL

FRIDAY, JANUARY 22

Practice Hours: 12:00 p.m.–4:00 p.m. (oval*)
*Interior sprint lanes will close at 3:15pm.

FIELD EVENTS

4:30 p.m.	Girl's Invite High Jump (1 pit)
6:00 p.m.	Girl's Open High Jump (2 pits)

RUNNING EVENTS

4:15 p.m.	Girl's Invite 400 Meters
4:30 p.m.	Boy's Invite 400 Meters
4:50 p.m.	Girl's Open 400 Meters
5:40 p.m.	Boy's Open 400 Meters
7:15 p.m.	Girl's 5,000 Meter Run
7:40 p.m.	Boy's 5,000 Meter Run
7:55 p.m.	Mixed 4x400 Meter Relay
8:10 p.m.	Estimated End Time

SATURDAY, JANUARY 23

Practice Hours: 7:30 a.m. – 8:45 a.m. (oval only)
~30 minutes after competition concludes

FIELD EVENTS

Start	Event
9:30 a.m.	Girl's Open Shot Put
9:30 a.m.	Boy's Open Shot Put
9:45 a.m.	Girl's Invite Long Jump (1 pit)
9:45 a.m.	Boy's Invite Long Jump (1 pit)
10:00 a.m.	Girl's Invite & Open Pole Vault (2 pits)
11:45 a.m.	Girl's Open Long Jump (1 pit)
11:45 a.m.	Boy's Open Long Jump (1 pit)
12:30 p.m.	Girl's Invite Shot Put
2:00 p.m.	Boy's Invite Pole Vault (2 pits)
2:30 p.m.	Boy's Invite Shot Put

RUNNING EVENTS

9:00 a.m.	Girl's Open 3,000 Meters
9:15 a.m.	Boy's Open 3,000 Meters
10:35 a.m.	Girl's Invite 3,000 Meters
10:50 a.m.	Boy's Invite 3,000 Meters
11:10 a.m.	Girl's Invite 60m Hurdles, Prelim
11:20 a.m.	Boy's Invite 60m Hurdles, Prelim
11:30 a.m.	Girl's Open 60m Hurdles, Prelim
11:50 a.m.	Boy's Open 60m Hurdles, Prelim
12:10 p.m.	Girl's Invite 60m, Prelim
12:15 p.m.	Boy's Invite 60m, Prelim
12:25 p.m.	Girl's Open 60m, Prelim
1:15 p.m.	Boy's Open 60m, Prelim
2:30 p.m.	Girl's Open 60m Hurdles, Final
2:34 p.m.	Boy's Open 60m Hurdles, Final
2:38 p.m.	Girl's Invite 60m Hurdles, Final
2:42 p.m.	Boy's Invite 60m Hurdles, Final
2:46 p.m.	Girl's Open 60m, Final
2:49 p.m.	Boy's Open 60m, Final
2:52 p.m.	Girl's Invite 60m, Final
2:55 p.m.	Boy's Invite 60m, Final
3:05 p.m.	Girl's Open 800 Meters
3:30 p.m.	Boy's Open 800 Meters
4:15 p.m.	Girl's Invite 800 Meters
4:20 p.m.	Boy's Invite 800 Meters
4:25 p.m.	Girl's 4x200 Meter Relay
4:50 p.m.	Boy's 4x200 Meter Relay
5:40 p.m.	Estimated End Time

SUNDAY, JANUARY 24

Practice Hours: 7:30 a.m. – 8:45 a.m. (oval only)
~ 30 minutes after competition concludes

FIELD EVENTS

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

RUNNING EVENTS

9:00 a.m.	Girl's Freshman 200 Meters
9:20 a.m.	Boy's Freshman 200 Meters
9:40 a.m.	Girl's 4x800 Meter Relay
9:55 a.m	Boy's 4x800 Meter Relay
10:15 a.m.	Girl's Open 200 Meters
11:30 a.m.	Boy's Open 200 Meters
1:15 p.m.	Girl's Invite 200 Meters
1:30 p.m.	Boy's Invite 200 Meters
1:55 p.m.	Girl's Invite Mile
2:05 p.m.	Boy's Invite Mile
2:15 p.m.	Girl's Open Mile
2:50 p.m.	Boy's Open Mile
4:10 p.m.	Girl's 4x400-Meter Relay
4:20 p.m.	Boy's 4x400-Meter Relay
4:45 p.m.	Estimated End Time

PRELIMINARY SCHEDULE