



# BYU Track and Field December Invitational



**Dates:** December 8-9, 2023

**Location:** Smith Fieldhouse and Indoor Practice Facility (IPF)

**Entry Dates:** 11/20/23 - 12/04/23

**Entry Procedure:** Direct Athletics (<https://www.directathletics.com/meets/track/81567.html>)

(Unattached athletes/clubs follow the same entry procedure)

**Entry Fee:** \$250 per gender or \$10 per individual

## Parking:

Free parking for events will be located north of the Indoor Practice Facility (IPF) and directly northwest of the Smith Fieldhouse.

## Spectator Admission:

Free

## Buildings:

- Weight Throw and Discus (IPF)  
-4 throws for Discus  
(No flights or finals)
- All other events  
(Smith Fieldhouse)



## Progressions

- Men's Pole Vault:** 4.48m, 4.68m, 4.83m, 4.98m, 5.13m, 5.23m, 5.33m, 5.43m, 5.48m...
- Women's Pole Vault:** 3.43m, 3.63m, 3.83m, 3.98m, 4.08m, 4.18m, 4.23m, 4.28m...
- Men's High Jump:** 1.83m, 1.88m, 1.93m, 2.03m, 2.08m, 2.13m, 2.16m, 2.19m...
- Women's High Jump:** 1.49m, 1.54m, 1.59m, 1.64m, 1.69m, 1.74m, 1.79m, 1.82m, 1.85m...





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## Friday Dec. 8 Final Schedule

### Running Events

Time	Event
12:10 PM	Women's Pentathlon 60m H
12:30 PM	Men's Heptathlon 60m
4:10 PM ~	Women's Pentathlon 800m

### Field Events

Time	Event
11:45 AM *	Men's Discus
11:45 AM *	Women's Weight Throw
12:00 PM	Women's Pole Vault
12:55 PM ~	Women's Pentathlon HJ
1:05 PM ~	Men's Heptathlon LJ
2:00 PM	Men's Long Jump
2:05 PM ~	Men's Heptathlon Shot Put
2:15 PM ~	Women's Pentathlon SP
To Follow Women's Weight *	Men's Weight Throw
To Follow Men's Discus *	Women's Discus
2:30 PM ~	Men's Heptathlon HJ
To Follow Women's PV	Men's Pole Vault
3:00 PM ~	Women's Pentathlon LJ
To Follow Women's Pentathlon LJ	Womens Long Jump
3:45 PM	Men's Shot Put
To Follow Women's LJ	Men's Triple Jump
To Follow Men's SP	Women's Shot Put
To Follow Men's TJ	Women's Triple Jump

### Men's Heptathlon Day 1

Time	Event
12:30 PM	60m
1:05 PM ~	LJ
1:50 PM ~	SP
2:30 PM ~	HJ

### Women's Pentathalon

Time	Event
12:10 PM	60m H
12:55 PM ~	HJ
2:15 PM ~	SP
3:20 PM ~	LJ
4:10 PM ~	800m

\* event in the IPF ~ approx. time



# BYU Track and Field December Invitational



## Saturday Dec. 9 Final Schedule

### Running Events

<b>Time</b>	<b>Event</b>
10:15 AM	Men's Heptathlon 60m H (3 Heats)
10:30 AM	Men's 60m H Trials (3 Heats)
10:40 AM	Women's 60m H Trials (10 Heats)
11:00 AM	Men's 60m Trials (8 Heats)
11:15 AM	Women's 60m Trials (13 Heats)
11:45 AM	Men's 500m (5 Heats)
12:00 PM	Women's 500m (6 Heats)
12:20 PM	Men's Mile (3 Heats)
12:40 PM	Women's Mile (3 Heats)
1:00 PM ~	Men's Heptathlon 1K (1 Heat)
1:10 PM	Men's 60m H Finals (3 Heats)
1:20 PM	Women's 60m H Finals (3 Heats)
1:30 PM	Men's 60m Finals (2 Heats)
1:35 PM	Women's 60m Finals (2 Heats)
1:45 PM	Men's 800m (2 Heats)
1:55 PM	Women's 800m (3 Heats)
2:05 PM	Men's 300m (6 Heats)
2:20 PM	Women's 300m (12 Heats)
2:50 PM	Men's 3K (3 Heats)
3:25 PM	Women's 3K (2 Heats)
3:50 PM	4 x 400m Relay (3 Heats)
4:10 PM	4 x 400m Relay (5 Heats)

### Men's Heptathlon Day 2

<b>Time</b>	<b>Event</b>
10:15 AM	60m Hurdles
11:00 AM ~	Pole Vault
1:00 PM (Approximately 1:00 PM)	1k

### Field Events

<b>Time</b>	<b>Event</b>
1:00 PM	Men's High Jump
To Follow Men's HJ	Women's High Jump

~ approx. time