



BYU Track and Field Cougar Invitational



Dates: January 11-13, 2024

Location: Smith Fieldhouse and Indoor Practice Facility (IPF)

Entry Dates: 12/14/23 - 01/07/24

Entry Procedure: Direct Athletics (<https://www.directathletics.com/meets/track/81583.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)
- All other events (Smith Fieldhouse)



Progressions

- Men's Pole Vault: TBD
- Women's Pole Vault: TBD
- Men's High Jump: 1.81m, 1.86m, 1.91m, 1.96m, 2.01m, 2.06m, 2.11m, 2.14m, 2.17m
- Women's High Jump: 1.54m, 1.59m, 1.64m, 1.69m, 1.74m, 1.79m, 1.84m, 1.87m, 1.90m





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Thurs. 1/11/24 ----- Final Schedule

Running Events

Time	Event
11:45 AM	60m H (Women's Pentathlon)
12:00 PM	60m (Men's Heptathlon)
3:20 PM	800m (Women's Pentathlon)
3:30 PM	600yd (Women)
3:35 PM	600yd (Men)
3:40 PM	4x800m Relay ... (Women)
3:55 PM	4x800m Relay ... (Men)

Field Events

Time	Event
12:20 PM	High Jump (Women's Pentathlon)
12:35 PM	Long Jump (Men's Heptathlon)
1:25 PM	Shot Put (Men's Heptathlon)
1:50 PM	Shot Put (Women's Pentathlon)
2:15 PM	High Jump (Men's Heptathlon)
2:30 PM	Long Jump (Women's Pentathlon)
4:00 PM	Shot Put (Women)
To Follow Women's Shot	Shot Put (Men)
6:30 PM	Weight Throw* ... (Women)
6:30 PM	Discus* (Men's)
To Follow Men's Discus	Discus* (Women's)
To Follow Women's Weight Throw	Weight Throw* ... (Men)

Men's Heptathlon Day 1

Time	Event
12:00 PM	60m
12:35 PM	Long Jump
1:25 PM	Shot Put
2:15 PM	High Jump

Women's Pentathlon

Time	Event
11:45 AM	60m Hurdles
12:20 PM	High Jump
1:50 PM	Shot Put
2:30 PM	Long Jump
3:20 PM	800m

* Event in the IPF



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Fri. 1/12/24 ----- Final Schedule

Running Events

Time	Event
1:00 PM	60m H (Men's Heptathlon)
2:55 PM	1000m (Men's Heptathlon)

Field Events

Time	Event
12:30 PM	Long Jump (Women's)
1:30 PM	High Jump (Women's)
To Follow Women's Long Jump	Long Jump (Men's)
1:35 PM	Pole Vault (Men's Heptathlon)
To Follow Women's High Jump	High Jump (Men's)
To Follow Men's Long Jump	Triple Jump (Women's)
To Follow Women's Triple Jump	Triple Jump (Men's)

Men's Heptathlon Day 2

Time	Event
1:00 PM	60m Hurdles
1:35 PM	Pole Vault
2:55 PM	1000m



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Sat. 1/13/24 ----- Final Schedule

We will go up to 5 minutes earlier on the running events, but not more.

Running Events

Time	Event
9:45 AM	3000m Open Section (Women's)
10:00 AM	3000m Open Section (Men's)
11:00 AM	60m H Trials (Women's)
11:20 AM	60m H Trials (Men's)
11:30 AM	60m Trials (Women's)
11:50 AM	60m Trials (Men's)
12:10 PM	400m (Women's)
12:30 PM	400m (Men's)
12:40 PM	Mile (Women's)
1:05 PM	Mile (Men's)
	OFFICIALS' BREAK
1:50 PM	60m H Finals (Women's)
2:00 PM	60m H Finals (Men's)
2:05 PM	60m Finals (Women's)
2:10 PM	60m Finals (Men's)
2:15 PM	800m (Women's)
2:25 PM	800m (Men's)
2:40 PM	200m (Women's)
3:00 PM	200m (Men's)
3:15 PM	3000m (Women's)
3:40 PM	3000m (Men's)
4:05 PM	1000m (Women's)
4:10 PM	1000m (Men's)
4:20 PM	4x400m Relay (Women's)
4:35 PM	4x400m Relay (Men's)

Field Events

Time	Event
11:30 AM	Pole Vault (Women's)
To Follow Women's Pole Vault	Pole Vault (Men's)