



BYU Track and Field Indoor Invitational



Dates: January 9-11, 2025

Location: Smith Fieldhouse and Indoor Practice Facility (IPF)

Entry Dates: 12/16/24 - 01/06/25

Entry Procedure: Direct Athletics <https://www.directathletics.com/meets/track/87439.html>

(Unattached athletes/clubs follow the same entry procedure)

Entry Fee: \$300 per gender with teams of 15 or more athletes or \$20 per athlete with teams less than 15. Unattached athlete entry fee is \$20. This is an entry fee not a competition fee. There will be no refunds for change of plans due to sickness, injury, etc.

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: TBD
- Women's High Jump: TBD





BYU Track and Field Cougar Invitational



Thurs. 1/9/25 ----- Tentative 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)
3:45 PM	600yd (Women)
3:55 PM	600yd (Men)
4:05 PM	1000m(Women)
4:15 PM	1000m(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)
1:55 PM	Shot Put (Women's Pentathlon)
2:15 PM	High Jump (Men's Heptathlon)
2:35 PM	Long Jump (Women's Pentathlon)
3:30 PM	Shot Put (Women)
To Follow Women's Shot	Shot Put (Men)
7:00 PM	Weight Throw* ... (Women)
To Follow Women's Weight Throw	Weight Throw* ... (Men)
7:00 PM	Discus* (Men's)
To Follow Men's Discus	Discus* (Women's)

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
1:55 PM	Shot Put
2:35 PM	Long Jump
3:20 PM	800m

* Event in the IPF



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Fri. 1/10/25 ----- Tentative 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. 1/11/25----- Tentative Schedule

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	4x400m Relay (Women's)
4:20 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)