

Crossroads of America Invitational

Friday & Saturday, January 24 & 25, 2025

Day 1 – Friday, January 24

Field Events

4:00pm Implement Inspection
5:00pm W Weight Throw
5:00pm W Long Jump, 3m board
6:00pm M Pole Vault, increments tba
7:00pm M Weight Throw
7:00pm M Long Jump, 3m board
7:10pm W High Jump, increments tba
7:10pm M High Jump, increments tba

Track Events

6:00pm W 60m Hurdles, Trials
6:10pm M 60m Hurdles, Trials
6:20pm W 60m, Trials
6:30pm M 60m, Trials
6:50pm W 600m
7:05pm M 600m
7:20pm W 3000m
7:45pm M 3000m
8:10pm W 200m
8:25pm M 200m
8:40pm W Distance Medley Relay
8:55pm M Distance Medley Relay

Day 2 – Saturday, January 25

Field Events

10:00am Implement Inspection
11:00am W Shot Put
11:00am W Triple Jump, 11m board only
11:30pm W Pole Vault, increments tba
1:00pm M Shot Put
1:00pm M Triple Jump, 13m board only

Track Events

11:00am W 60m Hurdles, Finals
11:10am M 60m Hurdles, Finals
11:20am W 60m, Finals
11:30am M 60m, Finals
11:45am W Mile
12:00pm M Mile
12:15pm W 400m
12:30pm M 400m
12:45pm W 800m
1:00pm M 800m
1:15pm W 5000m
1:40pm M 5000m
2:05pm W 4 x 400m
2:25pm M 4 x 400m