



2025 WAKE FOREST INVITATIONAL - SCHEDULE OF EVENTS

Thursday, April 17th	
2:00 PM	Men's Javelin Followed by Women
8:20 PM	Women's 5k Open Section
8:40 PM	Men's 5k Open Section
9:00 PM	Women's 10k
9:40 PM	Men's 10k

Friday, April 18th Track Events	
Afternoon Session	
11:50 AM	Women's 3,000m Steeplechase Section 1
12:05 PM	Men's 3,000m Steeplechase Section 1
12:17 PM	Men's 3,000m Steeplechase Section 2
12:30 PM	Women's 4x100m
12:35 PM	Men's 4x100m
12:40 PM	Women's 1500m Section 1
12:45 PM	Women's 1500m Section 2
12:50 PM	Women's 1500m Section 3
12:55 PM	Women's 1500m Section 4
1:00 PM	Women's 1500m Section 5
1:05 PM	Women's 1500m Section 6
1:10 PM	Women's 1500m Section 7
1:15 PM	Men's 1500m Section 1
1:20 PM	Men's 1500m Section 2
1:25 PM	Men's 1500m Section 3
1:30 PM	Men's 1500m Section 4
1:35 PM	Men's 1500m Section 5
1:40 PM	Men's 1500m Section 6
1:45 PM	Men's 1500m Section 7
1:55 PM	Women's 100m H Section 1 Women's 100m H Section 2 Women's 100m H Section 3 Women's 100m H Section 4
2:05 PM	Men's 110m H Section 1 Men's 110m H Section 2

Friday, April 18th Track Events	
Afternoon Session (cont.)	
2:15 PM	Women's 400m Section 1 Women's 400m Section 2 Women's 400m Section 3
2:25 PM	Men's 400m Section 1 Men's 400m Section 2 Men's 400m Section 3 Men's 400m Section 4 Men's 400m Section 5 Men's 400m Section 6
2:45 PM	Women's 100m Section 1 Women's 100m Section 2 Women's 100m Section 3 Women's 100m Section 4
2:55 PM	Men's 100m Section 1 Men's 100m Section 2 Men's 100m Section 3 Men's 100m Section 4
3:10 PM	Women's 400m H Section 1 Women's 400m H Section 2 Women's 400m H Section 3
3:20 PM	Men's 400m H Section 1 Men's 400m H Section 2
3:30 PM	Women's 200m Section 1 Women's 200m Section 2 Women's 200m Section 3 Women's 200m Section 4 Women's 200m Section 5 Women's 200m Section 6
3:45 PM	Men's 200m Section 1 Men's 200m Section 2 Men's 200m Section 3 Men's 200m Section 4 Men's 200m Section 5 Men's 200m Section 6 Men's 200m Section 7
4:05 PM	Women's 800m Section 1
4:08 PM	Women's 800m Section 2
4:11 PM	Women's 800m Section 3
4:14 PM	Women's 800m Section 4
4:17 PM	Women's 800m Section 5
4:20 PM	Women's 800m Section 6
4:23 PM	Women's 800m Section 7
4:26 PM	Women's 800m Section 8

Friday, April 18th Track Events	
Afternoon Session (cont.)	
4:35 PM	Men's 800m Section 1
4:38 PM	Men's 800m Section 2
4:41 PM	Men's 800m Section 3
4:44 PM	Men's 800m Section 4
4:47 PM	Men's 800m Section 5
4:50 PM	Men's 800m Section 6
4:53 PM	Men's 800m Section 7
4:56 PM	Men's 800m Section 8
4:59 PM	Men's 800m Section 9
5:05 PM	Senior Recognition
5:30 PM	Women's 4x400m Section 1
5:35 PM	Women's 4x400m Section 2
5:45 PM	Men's 4x400m
5:55 PM	Women's Deacon 4x100m Relay
6:00 PM	Men's Deacon 4x100m Relay
6:10 PM	Alumni Mile

Friday, April 18th Track Events	
Evening Session	
6:45 PM	Women's 3k Steeplechase Invite
7:00 PM	Men's 3k Steeplechase Invite
7:14 PM	Women's Invite 800m Section 1
7:17 PM	Women's Invite 800m Section 2
7:20 PM	Women's Invite 800m Section 3
7:24 PM	Men's Invite 800m Section 1
7:27 PM	Men's Invite 800m Section 2
7:30 PM	Men's Invite 800m Section 3
7:35 PM	Women's Invite 1500m Section 1
7:40 PM	Women's Invite 1500m Section 2
7:45 PM	Women's Invite 1500m Section 3
7:50 PM	Women's Invite 1500m Section 4
7:55 PM	Men's Invite 1500m Section 1
8:00 PM	Men's Invite 1500m Section 2
8:05 PM	Men's Invite 1500m Section 3
8:10 PM	Men's Invite 1500m Section 4
8:15 PM	Women's 5,000m Section 1
8:33 PM	Men's 5,000m Section 1
8:49 PM	Women's 5,000m Section 2
9:07 PM	Men's 5,000m Section 2
9:23 PM	Women's 5,000m Section 3
9:40 PM	Men's 5,000m Section 3

Friday, April 18th Field Events	
9:00 AM	Women's Pole Vault - "B" Section (3.85m and below)
10:00 AM	Men's Triple Jump
10:00 AM	Women's Hammer followed by Men
11:00 AM	Men's Pole Vault
11:15 AM	Women's Triple Jump
12:30 PM	Men's Long Jump
1:30 PM	Women's Pole Vault - "A" Section
2:00 PM	Women's Discus followed by Men
2:30 PM	Women's Long Jump
4:00 PM	Men's High Jump
6:00 PM	Women's Shot Put
6:30 PM	Women's High Jump
7:00 PM	Men's Shot Put

HEIGHT PROGRESSIONS (*Subject to Change)

Women's High Jump - 1.46 / 1.51 / 1.56 / 1.61 / 1.66 / 1.71 / 1.76 / 1.81 then by 3cm

Men's High Jump - 1.81 / 1.86 / 1.91 / 1.96 / 2.01 / 2.06 / 2.11 / 2.16 then by 3cm

Women's Pole Vault (Section B) - 3.32 / 3.47 / 3.62 / 3.77 / 3.92 / 4.07 then by 10cm

Women's Pole Vault (Section A) - 3.47 / 3.62 / 3.77 / 3.92 / 4.07m then by 10cm

Men's Pole Vault - 4.28 / 4.43 / 4.58 / 4.73 / 4.88 / 5.03 / 5.18 then by 10cm

FACILITY INFORMATION

The triple jump board lengths are as follows: Men – 13m Women – 11m