

# Meyo Invitational



**Meet Schedule – PRELIMINARY Draft**  
**February 3-4, 2023 - Updated 01/09/2023**

## Friday, February 3

### Women's Pentathlon

12:00 pm - 60 M Hurdles  
High Jump  
Shot Put  
Long Jump  
800 M Run

### Field Events

4:00 pm - Long Jump (2 Flights) - Women  
4:00 pm - Weight Throw (2 Flights) - Women  
5:00 pm - Pole Vault (1 Flight) - Men  
5:00 pm - High Jump (1 Flight) - Women  
6:30 pm - Long Jump (2 Flights) - Men  
6:30 pm - Weight Throw (2 Flights) - Men

### Running Events – Women / Men (Friday Session)

4:30 pm - 60 M Hurdles – Prelim - Women  
4:50 pm - 60 M Hurdles – Prelim - Men  
5:10 pm - 60 M Dash – Prelim - Women  
5:30 pm - 60 M Dash – Prelim - Men  
5:50 pm - 600 M Run - Women  
6:00 pm - 600 M Run - Men  
6:10 pm - Distance Medley Relay (1 Heat) - Women  
6:25 pm - Distance Medley Relay (1 Heat) - Men  
6:40 pm - 200 M Dash - Women  
7:10 pm - 200 M Dash - Men  
7:40 pm - 5000 M Run (2 Heats) - Women  
8:20 pm - 5000 M Run (2 Heats) - Men

## Saturday, February 4

### Field Events

11:00 am - Triple Jump (2 Flights) - Women  
11:00 am - Shot Put (2 Flights) - Women  
12:00 pm - Pole Vault (1 Flight) - Women  
12:00 pm - High Jump (1 Flight) - Men  
1:30 pm - Triple Jump (2 Flights) - Men  
1:30 pm - Shot Put (2 Flights) - Men

### Running Events – Men / Women (AM Session)

10:00 am - 3000 M Run (2 Heats) - Men  
10:25 am - 3000 M Run (2 Heats) - Women  
10:50 am - Mile Run (3 Heats) - Men  
11:10 am - Mile Run (3 Heats) - Women  
11:30 pm - 60 M Hurdles – Semi (3 Heats) - Men  
11:40 pm - 60 M Hurdles – Semi (3 Heats) - Women  
11:50 pm - 60 M Dash – Semi (3 Heats) - Men  
12:00 pm - 60 M Dash – Semi (3 Heats) - Women  
12:10 pm - 400 M Dash - Men  
12:40 pm - 400 M Dash - Women  
1:10 pm - 800 M Run - Men  
1:30 pm - 800 M Run - Women

### Running Events – Women / Men (PM Session)

----- ESPN Broadcast Intro -----  
2:05 pm - 60 M Hurdles – Final (2 Heats) - Women  
2:10 pm - 60 M Hurdles – Final (2 Heats) - Men  
----- ESPN Commercial Break -----  
2:15 pm - 60 M Dash – Final (2 Heats) - Women  
2:15 pm - 60 M Dash – Final (2 Heats) - Men  
----- ESPN Commercial Break -----  
2:20 pm - 400 M Dash (2 Heats) - Women  
2:25 pm - 400 M Dash – (2 Heats) - Men  
----- ESPN Commercial Break -----  
2:30 pm - 800 M Run (2 Heats) - Women  
2:40 pm - 800 M Run (2 Heats) - Men  
----- ESPN Commercial Break -----  
2:50 pm - Mile Run (1 Heat) - Women  
3:00 pm - Meyo Mile (1 Heat) - Men  
----- ESPN Commercial Break -----  
3:10 pm - 3000 M Run – (1 Heat) - Women  
3:30 pm - Ryan Shay 3000 M Run (1 Heat) - Men  
----- ESPN Commercial Break -----  
3:45 pm - 4x400 M Relay (1 Heat) - Women  
3:50 pm - 4x400 M Relay (1 Heat) – Men  
----- ESPN Broadcast End -----  
4:00 pm - 4x400m Relay – Women  
4:10 pm - 4x400m Relay – Men