



BLACK & GOLD INVITATIONAL

JANUARY 26 - 27, 2024 · IOWA CITY

FRIDAY, JANUARY 26

| FIELD EVENT | | FLIGHTS |
|---------------------|------------------------------|----------------|
| 12:00 PM | Shot Put (<i>HTRC</i>) | Women then Men |
| <i>Following SP</i> | Weight Throw (<i>HTRC</i>) | Women then Men |

SATURDAY, JANUARY 27

| FIELD EVENTS | | FLIGHTS |
|--------------|-------------|----------------|
| 11:00 AM | High Jump | Men + Women |
| 1:00 PM | Pole Vault | Women then Men |
| 1:00 PM | Long Jump | Men + Women |
| 3:00 PM | Triple Jump | Men + Women |

| RUNNING EVENTS | | HEATS |
|-----------------|---|------------|
| 12:10 PM | National Anthem | |
| <i>12:15 PM</i> | <i>Infield open for 60m Hurdles warm-up</i> | |
| 12:30 PM | 3,000m Unseeded | Men (1) |
| <i>12:45 PM</i> | <i>Backstretch open for 400m warm-up</i> | |
| 12:45 PM | 60m Hurdles Prelims | Women (2) |
| 12:55 PM | 60m Hurdles Prelims | Men (2) |
| <i>1:00 PM</i> | <i>IPF open for warm-ups</i> | |
| <i>1:10 PM</i> | <i>Infield open for 60m warm-up</i> | |
| 1:05 PM | 400m | Women (5) |
| 1:20 PM | 400m | Men (4) |
| <i>1:30 PM</i> | <i>Backstretch open for 600m warm-up</i> | |
| 1:30 PM | 60m Prelims | Women (3) |
| 1:40 PM | 60m Prelims | Men (7) |
| <i>2:00 PM</i> | <i>Infield open for 60m Hurdles warm-up</i> | |
| 2:00 PM | 600m | Women (3) |
| 2:10 PM | 600m | Men (4) |
| <i>2:15 PM</i> | <i>Backstretch open for Mile warm-up</i> | |
| 2:20 PM | 60m Hurdles Finals | Women (1) |
| 2:25 PM | 60m Hurdles Finals | Men (1) |
| 2:30 PM | 60m Finals | Women (1) |
| 2:35 PM | 60m Finals | Men (1) |
| <i>2:40 PM</i> | <i>Infield open for 800m + 200m warm-up</i> | |
| 2:40 PM | Mile | Women (1) |
| 2:45 PM | Mile | Men (2) |
| 3:00 PM | 800m | Women (1) |
| 3:10 PM | 800m | Men (4) |
| <i>3:25 PM</i> | <i>Infield open for 3,000m + 4x400m Relay warm-up</i> | |
| 3:25 PM | 200m | Women (10) |
| 3:55 PM | 200m | Men (14) |
| 4:25 PM | 3,000m Seeded | Women (1) |
| 4:35 PM | 3,000m Seeded | Men (1) |
| 4:45 PM | Herky Kids Race | |
| 4:50 PM | 4x400m Relay | Women (2) |
| 5:00 PM | 4x400m Relay | Men (2) |

LIVE SCORING AVAILABLE ONLINE: [HAWKEYESPORTS.COM/TRACKLIVE](https://hawkeyesports.com/tracklive)