

2024 David Hemery Valentine Invite Final Schedule



****Events will run fast to slow unless otherwise noted**

Friday – Doors open at 8:00am

Field Events:

- 11:00am Women's Long jump followed by Women's Triple (Top 32 verifiable entry marks)
- 11:00am Women's Pole Vault (Top 32 verifiable entry marks)
- 2:00pm Women's Shot Put followed by Women's Weight Throw (Top 32 verifiable entry marks)
- 3:00pm Women's High Jump (Top 32 verifiable entry marks)

Running events: Doors open 8:00am

- 9:00am Women's 5000m (Slowest 2 heats – slow to fast) -----16:50 and slower
- 9:40am Women's 3000m (Slowest 5 heats – slow to fast) ----- 9:48.00 and slower
- 10:38am Women's 60H Open Final
- 10:45am Women's 60H Invite Trials
- 10:50am Women's 60m Open Final
- 11:00am Women's 60m Invite Trials
- 11:05am Women's 800m
- 12:40pm Women's 400m
- 2:00pm Women's 60H Invite Finals
- 2:03pm Women's 60m Invite Finals
- 2:05pm Women's 200m
- 3:00pm Women's 1000m
- 3:20pm Women's 4x400m relay
- 4:10pm Men's DMR
- 4:25pm Intermission (20 minutes)
- 4:45pm Women's 1Mile
- 6:45pm Women's 3000m
- 8:25pm Women's 5000m

**Fast sections first
(unless noted)
Jumps: Best Flight Last**

10:00pm Estimated completion of Day 1:

Day 2 Final Schedule

****Events will run fast to slow unless otherwise noted**



Saturday: Doors Open at 8:00am

Field Events:

- 11:00am Men's Long jump followed by Men's Triple (Top 32 verifiable entry marks)
- 11:00am Men's Pole Vault (Top 32 verifiable entry marks)
- 2:00pm Men's Shot Put followed by Men's Weight Throw (Top 32 verifiable entry marks)
- 3:00pm Men's High Jump (Top 32 verifiable entry marks)

Running events: Doors open 8:00am

- 9:00am Men's 5000m (Slowest 3 heats - Slow to Fast) --- 14:10 and slower
- 9:50am Men's 3000m (Slowest 4 heats - Slow to Fast) --- 8:20 and slower
- 10:30am Men's 60H Trials
- 10:37am Men's 60m Open Final
- 10:55am Men's 60m Invite Trials
- 11:00am Men's 800m
- 12:30pm Men's 400m
- 1:55pm Men's 60H Invite Finals
- 1:58pm Men's 60m Invite Finals
- 2:01pm Women's DMR
- 2:30pm Men's 200m
- 3:30pm Men's 1000m
- 3:45pm Men's 4x400m relay
- 4:25pm Intermission (30 minutes)
- 4:55pm Men's 1 Mile
- 7:00pm Men's 3000m
- 8:30pm Men's 5000m

Fast sections first

(unless noted)

Jumps: Best Flight Last

10:00pm Estimated completion of Day 2: