

2025 Jim Green Track & Field Invitational

FRIDAY, MAY 2

HEPTATHLON

2:30 pm – 100m Hurdles

3:10 pm – High Jump

5:00 pm – Shot Put

6:00 pm – 200 meters

FIELD EVENTS

2:30 pm – **Hammer Throw** – Women
(Men to follow) – **Hammer Throw** – Men

3:00 pm – **Long Jump** – Women
(Men to follow) – **Long Jump** – Men

3:30 pm – **Javelin** – Women
(Men to follow) – **Javelin** – Men

4:00 pm – **Pole Vault** – Women

TRACK EVENTS

4:30 pm – 400m Hurdles – Women

4:40 pm – 400m Hurdles – Men

5:00 pm – 200 meters – Women

5:25 pm – 200 meters – Men

5:40 pm – 1500 meters – Women

5:55 pm – 1500 meters – Men

6:15 pm – 800 meters Invitational – Women

6:20 pm – 800 meters Invitational – Men

6:30 pm – 3,000m Steeple – Women

6:45 pm – 3,000m Steeple – Men

SATURDAY, MAY 3

HEPTATHLON

11:30 am – Long Jump

12:30 pm – Javelin

1:30 pm – 800 meters

FIELD EVENTS

12:00 pm – **Discus** – Women
(Men to follow) – **Discus** – Men

12:00 pm – **Shot Put** – Men
(Women to follow) – **Shot Put** – Women

12:00 pm – **High Jump** – Women
(Men to follow) – **High Jump** – Men

12:30 pm – **Pole Vault** – Men

12:30 pm – **Triple Jump** – Women
(Men to follow) – **Triple Jump** – Men

TRACK EVENTS

12:00 pm – **Senior Ceremony**

12:40 pm – 4 x 100m Relay – Women

12:50 pm – 4 x 100m Relay – Men

1:00 pm – 5,000 meters – Women

1:15 pm – 5,000 meters – Men

1:30 pm – 100m Hurdles – Women – Prelim

1:40 pm – 110m Hurdles – Men – Prelim

1:50 pm – 100 meters – Women – Prelim

2:00 pm – 100 meters – Men – Prelim

2:15 pm – 400 meters – Women

2:30 pm – 400 meters – Men

2:50 pm – 110m Hurdles – Men - Final

2:55 pm – 100m Hurdles – Women - Final

3:00 pm – 100 meters – Men – Final

3:05 pm – 100 meters – Women – Final

3:10 pm – 800 meters – Women

3:20 pm – 800 meters – Men

3:30 pm – 4 x 400m Relay – Women

3:40 pm – 4 x 400m Relay – Men