



**TRACK AND FIELD**

**2023 UW Invitational | FINAL SCHEDULE**

**Friday, January 27, 2023**

**FIELD EVENTS**

<b>Start</b>	<b>Event</b>	
3:00 p.m.	Men's Weight Throw	1 Flight
3:00 p.m.	Men's High Jump	1 Flight
4:00 p.m.	Women's Pole Vault	1 Flight
5:00 p.m.	Men's Triple Jump	1 Flight
5:00 p.m.	Women's Triple Jump	1 Flight
5:00 p.m.	Women's High Jump	1 Flight
5:30 p.m.	Women's Weight Throw	1 Flight

**RUNNING EVENTS**

<b>Start</b>	<b>Event</b>	
3:00 p.m.	Women's 60 Meter Hurdles, Preliminary	7 Heats
3:20 p.m.	Men's 60 Meter Hurdles, Preliminary	3 Heats
3:40 p.m.	Women's 5k (Heat 1)	1 Heat
4:00 p.m.	Men's 5k (Heat 1)	1 Heat
4:30 p.m.	Women's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
4:45 p.m.	Men's 60 Meter Hurdles, Finals	2-Section Final; 4 Per Heat
5:00 p.m.	Women's INVITE 5000 Meters (Heat 2)	1 Heat
5:20 p.m.	Men's INVITE 5000 Meters (Heat 2)	1 Heat
5:40 p.m.	Women's 200 Meters	10 Heats
6:10 p.m.	Men's 200 Meters	7 Heats
6:30 p.m.	Women's Distance Medley Relay	1 Heat
6:50 p.m.	Men's Distance Medley Relay	1 Heat
7:10 p.m.	Men's INVITE Mile	1 Heat

\*Schedule based on previous years and subject to adjustments based on field sizes

\*HEATS WILL BE RUN SLOW TO FAST.. Please note: INVITE sections



## 2023 UW Invitational | FINAL SCHEDULE

Saturday, January 28, 2023

### FIELD EVENTS

Start	Event	
10:00 a.m.	Women's Long Jump	2 Flights
10:00 a.m.	Men's Long Jump	2 Flights
10:00 a.m.	Men's Pole Vault	1 Flight
12:00 p.m.	Women's Shot Put	2 Flights
1:30 p.m.	Women's Pole Vault INVITE	1 Flight
2:00 p.m.	Men's Shot Put	1 Flight

### RUNNING EVENTS

Start	Event	
8:30 a.m.	UW Club Mile-Mixed Gender	1 Heat
8:40 a.m.	Master's 200m-Mixed Gender	2 Heats
9:00 a.m.	Women's 3000 Meters (Heats 1-3)	3 Heats
9:45 a.m.	Men's 3000 Meters (Heats 1-3)	3 Heats
10:20 a.m.	Women's 60 Meters, Preliminary	8 Heats
10:45 a.m.	Men's 60 Meters, Preliminary	8 Heats
11:10 a.m.	Women's 400 Meters	8 Heats
11:25 p.m.	Men's 400 Meters	7 Heats
12:00 p.m.	Women's Mile (all heats SLOW to FAST)	6 Heats
12:50 p.m.	Men's Mile (all heats SLOW to FAST)	5 Heats
1:30 p.m.	Women's 60 Meters, Final	2-Section Final; 4 Per Heat
1:40 p.m.	Men's 60 Meters, Final	2-Section Final; 4 Per Heat
1:50 p.m.	Women's 800 Meters	6 Heats
2:15 p.m.	Men's 800 Meters	6 Heats
2:40 p.m.	Women's INVITE 3000 Meters (Heats 4-5)	2 Heats
3:05 p.m.	Men's INVITE 3000 Meters (Heats 4-5)	2 Heats
3:25 p.m.	Women's 4x400 Meter Relay	3 Heats
3:45 p.m.	Men's 4x400 Meter Relay	2 Heats

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