



# Pittsburg State Invitational

Saturday, January 26, 2019 - Pittsburg State University  
Robert W. Plaster Center - Harvey Dean Track

## Schedule of Events



Updated - 1/23/19

### FIELD EVENTS

11:00	Weight Throw	Men
*2:00	Weight Throw	Women
11:00	Shot Put	Women
*2:00	Shot Put	Men
11:00	Long Jump (east runway)	Men
*2:00	Triple Jump (east runway)	Men
11:00	Long Jump (west runway)	Women
*2:00	Triple Jump (west runway)	Women
11:00	High Jump - Open	Men
11:00	Pole Vault - Open	Women
1:00	High Jump - Invitational	Men
2:00	Pole Vault - Invitational	Women
3:30	High Jump	Women
4:00	Pole Vault - Invitational	Men
6:15	Pole Vault - Open	Men

\* - Estimated Start Times on events, we will start these as soon as possible

### TRACK EVENTS - Morning Session

9:30	5000m Run	Women	All Sections
9:55	5000m Run	Men	All Sections
10:40	3000m Run	Women	Section 1
10:55	3000m Run	Men	Sections 1 and 2
11:25	Mile Run	Women	Sections 1-3
11:45	Mile Run	Men	Sections 1-3
12:10	60m Dash Qualifying	Women	
12:40	60m Dash Qualifying	Men	
1:30	60m Hurdles Prelims	Women	
1:50	60m Hurdles Prelims	Men	
2:10	60m Dash Prelims	Women	
2:20	60m Dash Prelims	Men	
2:35	800m Run	Women	Sections 1-3
2:50	800m Run	Men	Sections 1-3

### TRACK EVENTS - Afternoon Session

3:30	Mile Run	Women	Section 4
3:40	Mile Run	Men	Section 4
3:50	60m Hurdles Final	Women	
3:55	60m Hurdles Final	Men	
4:00	60m Dash Final	Women	
4:05	60m Dash Final	Men	
4:10	400m Dash Final	Women	All Sections
4:30	400m Dash Final	Men	All Sections
4:55	600m Dash Final	Women	All Sections
5:15	600m Dash Final	Men	All Sections
5:35	800m Run	Women	Section 4
5:40	800m Run	Men	Section 4
5:50	200m Dash Final	Women	All Sections
6:15	200m Dash Final	Men	All Sections
6:45	3000m Run	Women	Section 3
6:45	4x400m Declaration Ends	Women	Relay Cards Due
7:00	3000m Run	Men	Section 4
7:15	4x400m Relay Final	Women	All Sections
7:30	4x400m Declaration Ends	Men	Relay Cards Due
8:00	4x400m Relay Final	Men	All Sections
8:10	DMR Relay Declaration Ends	M/W	Relay Cards Due
8:40	Dist. Medley Relay	Women	All Sections
8:55	Dist. Medley Relay	Men	All Sections

- Sections against time will be run slow-to-fast

- Relay Cards must be turned in **30 minutes** prior to the start of their races