



2024 Stanford Invitational || TENTATIVE Time Schedule
Cobb Track and Angell Field
March 29 - 30, 2024



FRIDAY FIELD EVENTS		
Time	Event	Notes
9:00 AM	Men's Javelin Collegiate	1 Flight (4 attempt final)
10:00 AM	Men's Hammer Collegiate	1-2 Flights (9 to Final)
11:00 AM	Women's Shot Put Invitational (Ring 1)	1 Flight (9 to Final)
11:00 AM	Women's Shot Put Collegiate (Ring 2)	1-2 Flights (9 to Final)
11:00 AM	Women's Javelin Invitational	1 Flight (9 to Final)
11:00 AM	Women's Pole Vault Collegiate	1 Flight
11:30 AM	Men's Long Jump Collegiate	1-2 Flights (9 to Final)
11:30 AM	Women's Long Jump Collegiate	1-2 Flights (9 to Final)
1:00 PM	Men's High Jump	2 Flights (High Pit/Low Pit) * In Necessary
1:30 PM	Men's Javelin Invitational	1 Flight (9 to Final)
2:30 PM	Women's Pole Vault Invite	1 Flight
2:45 PM	Men's Long Jump Invitational	1 Flight (9 to Final)
2:45 PM	Women's Long Jump Invitational	1 Flight (9 to Final)
3:00 PM	Women's Hammer Invitational	1 Flight (9 to Final)
3:30 PM	Women's High Jump	2 Flights (High Pit/Low Pit) * If Necessary
4:00 PM	Men's Discus Invitational	1 Flight (9 to Final)
5:30 PM	Boys' Pole Vault	1 Flight
5:30 PM	Girls' Long Jump	1 Flight (9 to Final)
5:30 PM	Boys' Long Jump	1 Flight (9 to Final)
6:15 PM	Men's Discus Collegiate	1 Flight (9 to Final)

SATURDAY FIELD EVENTS		
Time	Event	Notes
9:00 AM	Boys' Discus	1 Flight (9 to Final)
9:30 AM	Girls' Pole Vault	1 Flight
10:00 AM	Boys' Triple Jump	1 Flight (9 to Final)
10:00 AM	Girls' Triple Jump	1 Flight (9 to Final)
10:00 AM	Girls' High Jump Invitational	1 Flight
10:00 AM	Women's Hammer Collegiate	1-2 Flights (9 to Final)
11:00 AM	Girls' Discus	1 Flight (9 to Final)
1:00 PM	Boys' High Jump Invitational	1 Flight
1:00 PM	Men's triple Jump Collegiate	1 Flight (9 to Final)
1:00 PM	Women's Triple Jump Collegiate	1-2 Flights (9 to Final)
1:00 PM	Boys' Shot Put	2 Flights (9 to Final)
1:00 PM	Girls' Shot Put	2 Flights (9 to Final)
1:00 PM	Women's Javelin Collegiate (Ring 2)	1-2 Flights (9 to Final)
1:00 PM	Men's Hammer Invitational	1 Flight (9 to Final)
1:00 PM	Men's Pole Vault Invite	1 Flight
3:00 PM	Women's Discus Invitational	1 Flight (9 to Final)
3:00 PM	Men's Shot Put Invitational (Ring 1)	1 Flight (9 to Final)
3:00 PM	Men's Shot Put Collegiate (Ring 2)	1-2 Flights (9 to Final)
3:30 PM	Men's Triple Jump Invitational	1 Flight (9 to Final)
3:30 PM	Women's Triple Jump Invitational	1 Flight (9 to Final)
4:00 PM	Men's Pole Vault Collegiate	1 Flight
5:00 PM	Women's Discus Collegiate	1-2 Flights (9 to Final)

FRIDAY TRACK EVENTS		
Time	Events	Section/Advancement Procedure
10:30 AM	Men's 5000m	#4, #5
11:07 AM	Women's 5000m	#4
12:00 PM	Women's 100mH Prelims	3 Heats (9 to Final - Winner + Times)
12:25 PM	Men's 110mH Prelims	3 Heats (9 to Final - Winner + Times)
12:40 PM	Women's 100m Prelims	5 Heats (9 to Final - Winner + Times)
1:00 PM	Men's 100m Prelims	5 Heats (9 to Final - Winner + Times)
1:21 PM	Women's 1500m	#6
1:27 PM	Women's 1500m	#5
1:33 PM	Women's 1500m	#4
1:39 PM	Men's 1500m	#6
1:45 PM	Men's 1500m	#5
1:51 PM	Men's 1500m	#4
2:03 PM	Women's 400m	4 Heats
2:09 PM	Men's 400m	4 Heats
2:16 PM	Girls' 3200m	1 Heat
2:20 PM	Boys' 3200m	1 Heat
2:25 PM	Girls' 400mH	3 Heats
2:40 PM	Women's 400mH	2 Heats
2:56 PM	Boys' 400mH	3 Heats
3:08 PM	Men's 400mH	3 Heats
3:18 PM	Girls' Distance Medley Relay	1 Heat
3:30 PM	Boys' Distance Medley Relay	1 Heat
3:46 PM	Women's 200m	
4:02 PM	Men's 200m	
4:17 PM		
4:33 PM		Meet Break
5:06 PM	Women's 3000m Steeple	#2
5:20 PM	Women's 3000m Steeple Invitational	#1
5:35 PM	Men's 3000m Steeple	#3
5:48 PM	Men's 3000m Steeple	#2
6:01 PM	Men's 3000m Steeple Invitational	#1
6:14 PM	Women's 1500m	#3
6:20 PM	Women's 1500m	#2
6:26 PM	Women's 1500m Invitational	#1
6:32 PM	Men's 1500m	#3
6:38 PM	Men's 1500m	#2
6:44 PM	Men's 1500m Invitational	#1
6:55 PM	Women's 5000m	#3
7:15 PM	Women's 5000m	#2
7:35 PM	Men's 5000m	#3
7:53 PM	Men's 5000m	#2
8:11 PM	Women's 5000m Invitational	#1
8:30 PM	Men's 5000m Invitational	#1
8:48 PM	Women's 10000m Invitational	#1
9:27 PM	Men's 10000m Invitational	#1
10:02 PM	Women's 10000m	#2
10:41 PM	Men's 10000m	#2

SATURDAY TRACK EVENTS		
Time	Events	Section/Advancement Procedure
1000am	Girls' 4X100m Relay	3 Heats
1015am	Boys' 4X100m Relay	3 Heats
1030am	Girls' 1600m	2 Heats
1045am	Boys' 1600m	2 Heats
1100am	Girls' 100mH	3 Heats (Top 9 Times to Final)
1115am	Boys' 110mH	3 Heats (Top 9 Times to Final)
1130am	Girls' 100m	3 Heats (Top 9 Times to Final)
1145am	Boys' 100m	3 Heats (Top 9 Times to Final)
1200pm		Lori Maynard Kids Half Lapper
1215pm		Recognition Announcements ie. Thank you of Officials, Coaches, Parents
1215pm		National Anthem
1220pm	Women's 4x100 Relay	1 Heats
1225pm	Men's 4x100 Relay	1 Heats
1230pm	Girls' 4x100 Relay	Final (9 Qualifiers)
1235pm	Boys' 4x100 Relay	Final (9 Qualifiers)
1240pm	Girls' 800m	2 Heats
100pm	Boys' 800m	2 Heats
110pm	Women's 800m	6 Heats
130pm	Men's 800m	6 Heats
150pm	Girls' 400m	3 Heats
200pm	Boys' 400m	3 Heats
210pm	Girls' 100H	Final (9 Qualifiers)
215pm	Women's 100H	Final (9 Qualifiers)
220pm	Boys' 110mH	Final (9 Qualifiers)
230pm	Men's 110mH	Final (9 Qualifiers)
240pm	Girls' 100m	Final (9 Qualifiers)
245pm	Women's 100m	Final (9 Qualifiers)
250pm	Boys' 100m	Final (9 Qualifiers)
300pm	Men's 100m	Final (9 Qualifiers)
310pm		
320pm		
330pm		
340pm		Stanford Senior Recognition
400pm		
410pm	Boys' 4x400m Relay	3 Heats
420pm	Women's 4x400m Relay	2 Heats
430pm	Men's 4x400m Relay	2 Heats

**** Start times and heat numbers to be adjusted according to accepted entries ****