

**Cal Invitational 2026**  
**Final Schedule**

**Friday, March 20**

3:30pm        M Hammer Throw  
                  W Hammer Throw (Follow the men)

**Saturday, March 21 - Running Events**

10:30am        3000m Race Walk (1 heat)  
11:00am        W 5000m (1 heat)  
11:20am        M 5000m (1 heat)  
11:45am        W 3000m SC  
12:00pm        M 3000m SC  
12:15pm        W 4x100 Relay (2 heats)  
12:25pm        M 4x100 Relay (1 heat)  
12:35pm        W 1500m (3 heats)  
12:55pm        M 1500m (3 heats)  
1:15pm         W 100m HH (2 heats)  
1:25pm         M 110m HH (2 heats)  
1:40pm         W 400m (2 heats)  
1:45pm         M 400m (4 heats)  
1:55pm         W 100m (6 heats)  
2:10pm         M 100m (7 heats)  
2:25pm         W 800m (3 heats)  
2:35pm         M 800m (5 heats)  
2:55pm         W 400m IH (2 heats)  
3:05pm         M 400m IH (2 heats)  
3:20pm         W 200m (7 heats)  
3:30pm         M 200m (8 heats)  
3:45pm         W 4x400 Relay (1 heat)  
3:50pm         M 4x400 Relay (1 heat)

**Saturday, March 21 - Field Events**

11:00am        W Long Jump  
                  M Long Jump (Follow the women)  
11:30am        M Shot Put  
                  W Shot Put (Follow the men)  
11:30am        W Javelin  
                  M Javelin (Follow the women)  
11:30am        W High Jump

	M High Jump (Follow the women)
11:30am	W Pole Vault
	M Pole Vault (Follow the women)
1:00pm	M Discus
	W Discus (Follow the men)
1:30pm	W Triple Jump
	M Triple Jump (Follow the women)