

Meyo Invitational



FINAL Meet Schedule

February 3-4, 2023 - Updated 02/02/2023

Friday, February 3

Women's Pentathlon

12:00 pm - 60 M Hurdles
High Jump
Shot Put
Long Jump
800 M Run

Field Events

4:00 pm - Long Jump (2 Flights) - Women
4:00 pm - Shot Put (2 Flights) - Women
5:00 pm - Pole Vault (1 Flight) - Men
5:00 pm - High Jump (1 Flight) - Women
6:30 pm - Long Jump (2 Flights) - Men
6:30 pm - Shot Put (2 Flights) - Men

Running Events – Women / Men (Friday Session)

4:30 pm - 60 M Hurdles (5 Flights) – Prelim - Women
4:50 pm - 60 M Dash (6 Flights) – Prelim - Women
5:10 pm - 60 M Dash (4 Heats) – Prelim - Men
5:25 pm - 600 M Run (5 Heats) - Women
5:45 pm - 600 M Run (4 Heats) - Men
6:00 pm - Distance Medley Relay (1 Heat) - Women
6:15 pm - Distance Medley Relay (1 Heat) - Men
6:30 pm - 200 M Dash (11 Heats) - Women
7:00 pm - 200 M Dash (8 Heats) - Men
7:25 pm - 5000 M Run (2 Heats) - Women
8:05 pm - 5000 M Run (2 Heats) - Men

Saturday, February 4

Field Events

11:00 am - Triple Jump (2 Flights) - Women
11:00 am - Adam Beltran Weight Throw (2 Flights) - Women
12:00 pm - Pole Vault (1 Flight) - Women
12:00 pm - High Jump (1 Flight) - Men
2:00 pm - Triple Jump (1 Flight) - Men
2:00 pm - Adam Beltran Weight Throw (2 Flights) - Men

Running Events – Men / Women (AM Session)

10:00 am - 3000 M Run (1 Heat) - Men
10:10 am - 3000 M Run (2 Heats) - Women
10:35 am - Mile Run (4 Heats) - Men
10:55 am - Mile Run (4 Heats) - Women
11:20 am - 60 M Hurdles – Semi (3 Heats) - Men
11:35 am - 60 M Hurdles – Semi (3 Heats) - Women
11:45 am - 60 M Dash – Semi (3 Heats) - Men
11:55 am - 60 M Dash – Semi (3 Heats) - Women
12:05 pm - 400 M Dash (6 Heats) - Men
12:25 pm - 400 M Dash (8 Heats) - Women
1:00 pm - 800 M Run (4 Heats) - Men
1:20 pm - 800 M Run (3 Heats) – Women

Running Events – Women / Men (PM Session)

----- ESPN Broadcast Intro -----
2:02 pm - 60 M Hurdles – Final (2 Heats) - Women
2:10 pm - 60 M Hurdles – Final (2 Heats) - Men
----- ESPN Commercial Break -----
2:17 pm - 60 M Dash – Final (2 Heats) - Women
2:25 pm - 60 M Dash – Final (2 Heats) - Men
----- ESPN Commercial Break -----
2:32 pm - 400 M Dash (2 Heats) - Women
2:37 pm - 400 M Dash (2 Heats) - Men
----- ESPN Commercial Break -----
2:45 pm - 800 M Run (2 Heats) - Women
2:52 pm - 800 M Run (2 Heats) - Men
----- ESPN Commercial Break -----
3:02 pm - Mile Run (1 Heat) - Women
3:09 pm - Meyo Mile (1 Heat) - Men
----- ESPN Commercial Break -----
3:20 pm - 3000 M Run (1 Heat) - Women
3:32 pm - Ryan Shay 3000 M Run (1 Heat) - Men
----- ESPN Commercial Break -----
3:47 pm - 4x400 M Relay (1 Heat) - Women
3:52 pm - 4x400 M Relay (1 Heat) - Men
----- ESPN Broadcast End -----
4:00 pm - 4x400m Relay (3 Heats) - Women
4:15 pm - 4x400m Relay (3 Heats) - Men