

Meyo Invitational



Meet Schedule - UPDATED Draft
February 2-3, 2024 – 01/16/2024

Friday, February 2

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) - Men
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 – Qualifying - Women
4:50 pm - 60 M Hurdles – Qualifying - Men
5:10 pm - 60 M Dash – Qualifying - Women
5:30 pm - 60 M Dash – Qualifying - Men
5:50 pm - 600 M Run - Women
6:05 pm - 600 M Run - Men
6:15 pm - Distance Medley Relay - Women
6:30 pm - Distance Medley Relay - Men
6:45 pm - 200 M Dash - Women
7:15 pm - 200 M Dash - Men
7:45 pm - 5000 M Run - Women
8:25 pm - 5000 M Run - Men

Saturday, February 3

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) - Women
1:15 pm - Adam Beltran Weight Throw (2 Flights) - Men
1:30 pm - Triple Jump (2 Flights) - Men

Running Events – Men / Women (AM Session)

10:00 am - 3000 M Run (2 Heats) - Men
10:25 am - 3000 M Run (2 Heats) - Women
10:50 am - Mile Run (3 Heats) - Men
11:10 am - Mile Run (3 Heats) - Women
11:30 pm - 60 M Hurdles – Prelim (3 Heats) - Men
11:40 pm - 60 M Hurdles – Prelim (3 Heats) - Women
11:50 pm - 60 M Dash – Prelim (3 Heats) - Men
12:00 pm - 60 M Dash – Prelim (3 Heats) - Women
12:10 pm - 400 M Dash - Men
12:40 pm - 400 M Dash - Women
1:10 pm - 800 M Run - Men
1:30 pm - 800 M Run - Women

Running Events – Women / Men (PM Session)

----- ESPN Broadcast Intro -----
2:05 pm - 60 M Hurdles – Final (2 Heats) - Women
2:10 pm - 60 M Hurdles – Final (2 Heats) - Men
----- ESPN Commercial Break -----
2:15 pm - 60 M Dash – Final (2 Heats) - Women
2:15 pm - 60 M Dash – Final (2 Heats) - Men
----- ESPN Commercial Break -----
2:20 pm - 400 M Dash (2 Heats) - Women
2:25 pm - 400 M Dash (2 Heats) - Men
----- ESPN Commercial Break -----
2:30 pm - 800 M Run (2 Heats) - Women
2:40 pm - 800 M Run (2 Heats) - Men
----- ESPN Commercial Break -----
2:50 pm - Mile Run (1 Heat) - Women
3:00 pm - Meyo Mile (1 Heat) - Men
----- ESPN Commercial Break -----
3:10 pm - 3000 M Run (1 Heat) - Women
3:30 pm - Ryan Shay 3000 M Run (1 Heat) - Men
----- ESPN Commercial Break -----
3:45 pm - 4x400 M Relay (1 Heat) - Women
3:50 pm - 4x400 M Relay (1 Heat) - Men
----- ESPN Broadcast End -----
4:00 pm - 4x400m Relay – Women
4:10 pm - 4x400m Relay – Men