

2024 Meyo Invitational



Meet Schedule - UPDATED Draft
February 2-3, 2024 – **01/30/2024**

Friday, February 2

Combined Event

11:30 am - Pentathlon (60mH/HJ/SP/LJ/800m) - Women

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 (1 Flight) - 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 Dash - Qualifying - Women

5:10 pm - 60 M Dash - Qualifying - Men

5:30 pm - 600 M Run - Women

5:45 pm - 600 M Run - Men

6:00 pm - Distance Medley Relay - Women

6:15 pm - Distance Medley Relay - Men

6:30 pm - 200 M Dash - Women

7:00 pm - 200 M Dash - Men

7:30 pm - 5000 M Run - Women

8:10 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

3:15 pm - Invitational Weight Throw (1 Flight) - Women

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 (2 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