

2024 Meyo Invitational



Meet Schedule - WORKERS - FINAL February 2-3, 2024 – 2/1/2024

Friday, February 2

Combined Event

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

Field Events

4:00 pm - Long Jump-Women(3:45: Baynes, vol help, Sanchez)

4:00 pm - Shot Put - - (David)

5:00 pm - Pole Vault - Men (4:45: Hinrichs, Schumacher)

5:00 pm - High Jump - Men (Vol help, vol help)

6:30 pm - Long Jump - Men (6:15pm: B. Gallagher, Kingery)

6:30 pm - Shot Put (2 Flights) - Men (David)

Running Events – Women / Men (Friday Session)

4:30 pm - 60 M Hurdles - Qualifying – Women (5 Heats)

4:50 pm - 60 M Dash - Qualifying – Women (5 Heats)

5:20 pm - 60 M Dash - Qualifying – Men (3 Heats)

5:30 pm - 600 M Run – Women (5 Heats)

5:45 pm - 600 M Run – Men (4 Heats)

6:00 pm - Distance Medley Relay – Women (1 Heat)

6:15 pm - Distance Medley Relay – Men (1 Heat)

6:30 pm - 200 M Dash – Women (10 Heats)

7:00 pm - 200 M Dash – Men (9 Heats)

7:30 pm - 5000 M Run – Women (2 Heats)

8:10 pm - 5000 M Run – Men (2 Heats)

Hip #'s:

Friday - 3:00pm-6:00 pm - Gordon, Bednar

5:45pm-8:30 pm - Hayde, Olson, Schuler

Saturday - 8:45am-12:45pm - Hayde, Ahart, Gordon

12:30pm-4:15pm - Hinrichs, Singleton

Starting blocks:

Friday - Ahart (move from event to event)

Saturday - sprinter (Pending advancement)

Hurdle Crew:

Friday - 4:00 pm: Ahart, Kingery, B. Gallagher, Turesson, G

Saturday - 11:00am 7 1:45pm: Sprinters not advancing, Q.

Gallagher, Turesson, Schuler

Cones (work w/clerk - Bowtie Bruce)

Friday & Saturday - Charlotte Turesson

TV Crew (Sat) 1:15-4:00: Aimee Hayde

Methner (Music)- See Sparks

Saturday, February 3

Field Events

11:00 am - Triple Jump - Women (10:45: Kingery, vol help)

11:00 am - Adam Beltran Weight Throw - Women (David)

12:00 pm - Pole Vault - Women (11:45: Blachowski, Schumacher)

12:00 pm - High Jump - Women (11:45: Schager, vol help)

1:15 pm - Adam Beltran Weight Throw - Men (David)

1:30 pm - Triple Jump - Men (1:15: Baynes, Sanchez)

3:15 pm - Invitational Weight Throw - Women (David)

Running Events – Men / Women (AM Session)

10:00 am - 3000 M Run (1 Heats) - Men

10:15 am - 3000 M Run (1 Heats) - Women

10:35 am - Mile Run (4 Heats) - Men

11:05 am - Mile Run (4 Heats) - Women

11:35 pm - 60 M Hurdles - Prelim (2 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 (6 Heats)

12:35 pm - 400 M Dash – Women (8 Heats)

1:05 pm - 800 M Run – Men (3 Heats)

1:20 pm - 800 M Run – Women (4 Heats)

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 (2 Heats)