

2025 Meyo Invitational



UPDATED Meet Schedule

January 31 - February 1, 2025 – 01/29/2025

Friday, January 31

Field Events

3:00 pm - Long Jump (2 Flights) - Women

3:00 pm - Shot Put (2 Flights) - Women

4:00 pm - Pole Vault (1 Flight) - Men

4:00 pm - High Jump (1 Flight) - Men

5:30 pm - Shot Put (1 Flight) - Men

5:45 pm - Long Jump (1 Flight) - Men

6:15 pm - High Jump OPEN SECTION (1 Flight) - Women

Running Events – Women / Men (Friday Session)

4:15 pm - 60 M Hurdles - Qualifying (4 Heats) - Women

60 M Hurdles - Qualifying (Advanced) - Men

4:35 pm - 60 M Dash - Qualifying (6 Heats) - Women

5:00 pm - 60 M Dash - Qualifying (3 Heats) Men

5:15 pm - 600 M Run (5 Heats) - Women

5:30 pm - 600 M Run (4 Heats) - Men

5:50 pm - Distance Medley Relay (1 Heat) - Women

6:05 pm - Distance Medley Relay (1 Heat) - Men

6:20 pm - 200 M Dash (10 Heats) - Women

6:50 pm - 200 M Dash (6 Heats) - Men

7:15 pm - 5000 M Run (2 Heats) - Women

8:00 pm - 5000 M Run (2 Heats) - Men

Friday, January 31

4:00 pm - Men's Pole Vault

(4.36 / 4.51 / 4.66 / 4.81 / 4.96)

4:00 pm - Men's High Jump

(1.91 / 1.96 / 2.01 / 2.06 / 2.11)

6:15 pm - Women's High Jump (Open Section)

(1.41 / 1.46 / 1.51 / 1.56 / 1.61)

Saturday, February 1

1:00 pm - Women's Pole Vault

(3.16 / 3.31 / 3.46 / 3.61 / 3.76)

1:00 pm - Women's High Jump (Invite Section)

(1.61 / 1.66 / 1.71 / 1.76 / 1.81)

Saturday, February 1

Field Events

11:30 am - Triple Jump (1 Flight) - Women

11:30 am - Adam Beltran Weight Throw (2 Flights) - Women

1:00 pm - Pole Vault (1 Flight) - Women

1:00 pm - High Jump INVITE SECTION (1 Flight) - Women

2:00 pm - Adam Beltran Weight Throw (1 Flight) - Men

2:00 pm - Triple Jump (1 Flight) - Men

Running Events – Men / Women (AM Session)

9:50 am - 3000 M Run (2 Heats) - Men

10:15 am - 3000 M Run (2 Heats) - Women

10:40 am - 800 M Run (3 Heats) - Men

10:55 am - 800 M Run (4 Heats) - Women

11:15 am - 60 M Hurdles (3 Heats) - Prelim - Men

11:30 am - 60 M Hurdles (3 Heats) - Prelim - Women

11:45 am - 60 M Dash (3 Heats) - Prelim - Men

12:00 pm - 60 M Dash (3 Heats) - Prelim - Women

12:25 pm - 400 M Dash (6 Heats) - Men

12:45 pm - 400 M Dash (7 Heats) - Women

1:10 pm - Mile Run (3 Heats) - Men

1:25 pm - Mile Run (4 Heats) - 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 (2 Heats) - Women

4:15 pm - 4x400m Relay (2 Heats) - Men