

# 2026 Meyo Invitational



## Meet Schedule - January 30-31 (UPDATED as of 01/27/2026)

### **Friday, January 30**

#### **Pentathlon**

11:00 am - 60m Hurdles (Pentathlon)  
~11:45 am - High Jump (Pentathlon)  
~1:45 pm - Shot Put (Pentathlon)  
~2:30 pm - Long Jump (Pentathlon)  
~3:15 pm - 800m Run (Pentathlon)

#### **Field Events**

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

#### **Running Events - Women / Men (Friday Session)**

4:00 pm - 60 M Hurdles - Qualifying - Women  
4:15 pm - 60 M Dash - Qualifying - Women  
4:35 pm - 600 M Run - Women  
4:55 pm - 600 M Run - Men  
5:15 pm - Distance Medley Relay - Women  
5:30 pm - Distance Medley Relay - Men  
5:45 pm - 200 M Dash - Women  
6:10 pm - 200 M Dash - Men  
6:30 pm - 5,000 M Run - Women  
7:15 pm - 5,000 M Run - Men  
7:45 pm - End of Day I

### **Saturday, January 31**

#### **Field Events**

11:30 am - Pole Vault (1 Flight) - Women  
11:30 am - Triple Jump (1 Flight) - Women  
11:30 am - Adam Beltran Weight Throw (2 Flights) - Women  
1:00 pm - High Jump (1 Flight) - Women  
2:00 pm - Adam Beltran Weight Throw (2 Flights) - Men  
2:00 pm - Triple Jump (2 Flights) - Men  
2:45 pm - Elite Pole Vault - Men

#### **Running Events - Men / Women (AM Session)**

10:00 am - 3,000 M Run - Men  
10:20 am - 3,000 M Run - Women  
10:40 am - 800 M Run - Men  
10:55 am - 800 M Run - Women  
11:30 pm - 60 M Hurdles - Prelim - Men  
11:45 pm - 60 M Hurdles - Prelim - Women  
12:00 pm - 60 M Dash - Prelim - Men  
12:10 pm - 60 M Dash - Prelim - Women  
12:20 pm - 400 M Dash - Men  
12:40 pm - 400 M Dash - Women  
1:10 pm - Mile Run - Men  
1:30 pm - Mile Run - Women

#### **Running Events - Women / Men (PM Session)**

2:15 pm - 60 M Hurdles - Final (2 Heats) - Women  
2:30 pm - 60 M Hurdles - Final (2 Heats) - Men  
2:35 pm - 60 M Dash - Final (2 Heats) - Women  
2:35 pm - 60 M Dash - Final (2 Heats) - Men  
2:40 pm - 400 M Dash (2 Heats) - Women  
2:45 pm - 400 M Dash (2 Heats) - Men  
2:50 pm - 800 M Run (2 Heats) - Women  
2:57 pm - 800 M Run (2 Heats) - Men  
3:05 pm - Mile Run (1 Heat) - Women  
3:12 pm - Meyo Mile (1 Heat) - Men  
3:20 pm - 3,000 M Run (1 Heat) - Women  
3:35 pm - Ryan Shay 3,000 M Run (1 Heat) - Men  
3:50 pm - 4x400 M Relay (1 Heat) - Women  
3:55 pm - 4x400 M Relay (1 Heat) - Men  
4:00 pm - 4x400 M Relay - Women  
4:15 pm - 4x400 M Relay - Men  
4:30 pm - End of Day II