

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