

SPOKANE HIGH SCHOOL INVITATIONAL



PRELIMINARY SCHEDULE January 20–21, 2024 | The Podium

SATURDAY, JANUARY 20

FIELD EVENTS

Start	Event
10:00 a.m.	Girl's Shot Put
10:00 a.m.	Girl's Long Jump (1 pit)
10:00 a.m.	Boy's Long Jump (1 pit)
11:30 a.m.	Girl's Pole Vault
1:30 p.m.	Boy's Pole Vault
~2:00 p.m.	Boy's Shot Put (to follow Girl's Shot Put)
3:30 p.m.	Girl's High Jump (1 pit)

RUNNING EVENTS

11:00 a.m.	Girl's 800 Meters
11:30 a.m.	Boy's 800 Meters
12:00 p.m.	Girl's 60m Hurdles, Prelim
12:20 p.m.	Boy's 60m Hurdles, Prelim
12:35 p.m.	Girl's 60m, Prelim
1:05 p.m.	Boy's 60m, Prelim
1:55 p.m.	Girl's 60m Hurdles, FINAL
2:00 p.m.	Boy's 60m Hurdles, FINAL
2:05 p.m.	Girl's 60m, FINAL
2:10 p.m.	Boy's 60m, FINAL
2:20 p.m.	Girls 400 Meters
3:05 p.m.	Boy's 400 Meters
4:05 p.m.	Girl's 3,000 Meters
4:35 p.m.	Boy's 3,000 Meters
5:30 p.m.	Girl's 4x800 Meter Relay
5:45 p.m.	Boy's 4x800 Meter Relay
6:00 p.m.	Girl's 4x200 Meter Relay
6:20 p.m.	Boy's 4x200 Meter Relay

SUNDAY, JANUARY 21

FIELD EVENTS

Start	Event
10:00 a.m.	Girl's Weight Throw
10:00 a.m.	Girl's Triple Jump (1 pit)
10:00 a.m.	Boy's Triple Jump (1 pit)
~11:30 a.m.	Boy's Weight Throw (to follow Girl's Weight)
12:30 p.m.	Boy's High Jump (1 pit)

RUNNING EVENTS

11:00 a.m.	Girl's Open Mile
11:20 a.m.	Boy's Open Mile
11:50 a.m.	Girl's Open 200 Meters
12:50 p.m.	Boy's Open 200 Meters
1:50 p.m.	Girl's Invite Mile (Top 12 Entries)
2:00 p.m.	Boy's Invite Mile (Top 12 Entries)
2:10 p.m.	Girl's Invite 200 Meters (Top 12 Entries)
2:20 p.m.	Boy's Invite 200 Meters (Top 12 Entries)
3:20 p.m.	Girl's 4x400-Meter Relay
3:40 p.m.	Boy's 4x400 Meter Relay