

2026 Appalachian State University Track & Field

John Weaver Invitational

Friday & Saturday April 24th-25th, 2025

TENTATIVE SCHEDULE



Friday 9:00AM Implement weigh-in | **Saturday 10:00AM** Implement weigh-in

Friday 2:30PM-4:30PM Track open for team practice

Please reach out to richardsac@appstate.edu if you have interest in a Men's or Women's 10,000. We are open to adding if there is sufficient interest.

FRIDAY FIELD

10:00AM Women's Javelin
11:30AM Men's Javelin
1:00PM Women's Hammer
2:30PM Men's Hammer
2:30PM Men's High Jump
4:00PM Women's High Jump

SATURDAY FIELD

11:00AM Women's Discus Throw
11:00AM Men's Shot Put
12:00PM Women's Pole Vault
12:00PM Women's & Men's Long Jump
1:00PM Women's Shot Put
1:00PM Men's Discus
2:30PM Men's Pole Vault
3:00PM Women's & Men's Triple Jump

FRIDAY TRACK

5:00PM Women's Steeplechase
5:20PM Men's Steeplechase
5:45PM MJ Harrelson Mile
5:55PM Men's Invitational Mile

SATURDAY TRACK

10:30AM Women's 5000 Meters
11:00AM Men's 5000 Meters
11:45AM **COMMUNITY 4x100 RELAY**
12:00PM Women's 4x100 Relay
12:10PM Men's 4x100 Relay
12:20PM Women's Mile
12:35PM Men's Mile
12:55PM Women's 100 Hurdle Prelims
1:10PM Men's 110 Hurdle Prelims
1:25PM Women's 100 Meters Prelims
1:40PM Men's 100 Meters Prelims
2:10PM Women's 400 Meters
2:20PM Men's 400 Meters
2:45PM Women's 100 Hurdle Final
2:50PM Men's 110 Hurdle Final
2:55PM Women's 100 Meters Final
3:00PM Men's 100 Meters Final
3:10PM **THE FASTEST KID IN BOONE**
3:20PM Women's 800 Meters
3:30PM Men's 800 Meters
3:50PM Women's 400 Hurdles
4:00PM Men's 400 Hurdles
4:15PM Women's 200 Meters
4:30PM Men's 200 Meters
5:00PM **APP STATE SENIOR RECOGNITION**
5:30PM Women's 4x400 Relay
5:45PM Men's 4x400 Relay