

## 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](mailto: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

#### FRIDAY TRACK

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

#### 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

**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

#### SATURDAY TRACK

**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