

The 59th East Coast Invitational

February 4th & 5th, 2022 | Virginia Beach Sports Center



Friday February 4th

5:00pm - Women Pentathlon (60mH, HJ (5:30), SP(6:45), LJ(7:45), 800 (8:45))

6:00pm - Men Heptathlon (60m, LJ (6:35), SP (7:45), HJ (8:45))

8:00pm - Women's Weight Throw

Saturday February 5th

Running Events

1:00pm - 3K
1:30pm - 60m Hurdle Prelims
2:00pm - 60m Dash Prelims
2:30pm - 400m Dash
3:30pm - 60m Hurdle Final
3:45pm - Heptathlon 60mH
3:50pm - 60m Dash Final
4:00pm - One Mile Run
4:20pm - Sprint Medley Relay
4:30pm - 200m Dash
5:00pm - 5K
5:45pm - 800m Run
6:00pm - 4x400m Relay (EST. Heptathlon 1K@7pm)

Field Events

10:00am - Men's Weight Throw
11:00am - Men's Pole Vault
11:00am - Men's Triple Jump
11:00am - Women's Long Jump
11:00am - Men's High Jump
1:00pm - Women's Pole Vault
1:00pm - Women's Shot Put
2:00pm - Men's Long Jump
4:00pm - Women's Triple Jump
4:00pm - Women's High Jump
4:00pm - Men's Shot Put
4:20pm - HEPTATHLON POLE VAULT