

Marty Pushkin Invitational FINAL Schedule Friday and Saturday, March 20-21, 2026

Friday, March 20:

7:30AM - Weigh-in begins
9:00AM - Throws circle open
10:00AM – Hammer Throw, Men followed by Women
- Approx. 1:00PM Javelin to follow, Men followed by Women
5:00PM – 5000m Men
5:45PM – 5000m Women

Saturday, March 21:

Field Events

7:30 Weigh-in Begins (9:00AM throws circle opens)
10:00 – Discus, Men followed by Women
10:00 - Shot Put, Women followed by Men
12:00- Long Jump, Women followed by Men
- Triple Jump to follow LJ (Women followed by Men)
1:00 - Pole Vault, Men followed by Women *Pit opens 1 hour prior for warmups*
1:00 - High Jump, Men Followed by Women

Running Events

11:00 - 4x100 Women
11:10- 4x100 Men
11:20- 1500 Steeple Women
11:40- 1500 Steeple Men
12:00- 100H Women
12:10- 110H Men
12:25- 400 Women
12:40- 400 Men
1:05- 100 Women
1:20- 100 Men
1:40- 800 Women
2:00- 800 Men
2:25- 400H Women
2:35- 400H Men
2:50- 200 Women
3:10- 200 Men
3:35- 1500 Women
4:05- 1500 Men
4:30- 4x400 Women
4:40- 4x400 Men

The meet will conclude at approximately 5 p.m.