



**RIDER INVITATIONAL  
TIME SCHEDULE**

**UPDATED 4/15/26**

**Friday April 17**

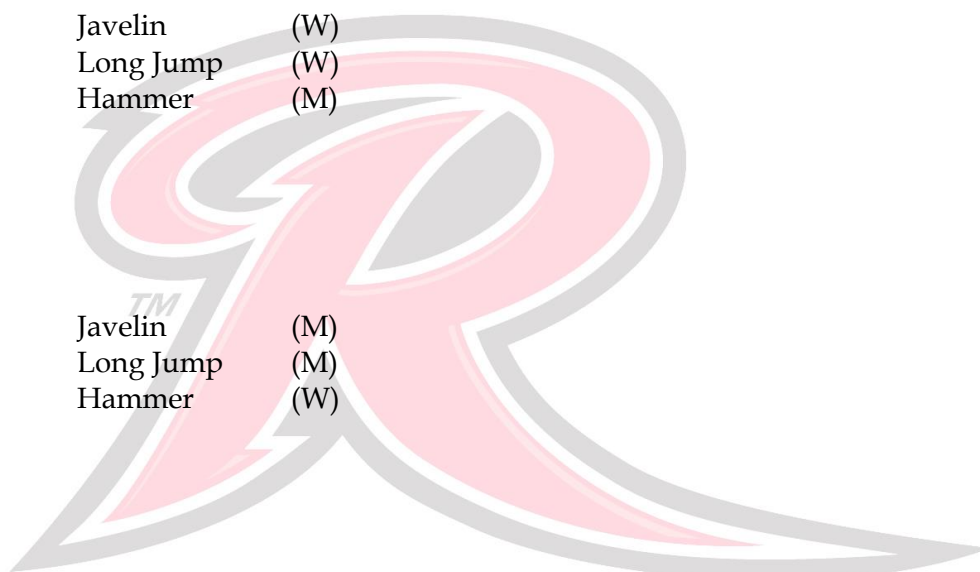
**FIELD EVENTS**

1:00PM

Javelin (W)  
Long Jump (W)  
Hammer (M)

To follow:

Javelin (M)  
Long Jump (M)  
Hammer (W)





## Saturday April 18

### FIELD EVENTS

10:00AM	Discus	(W)
	Shot Put	(M)
	Triple Jump	(W)
11:00am	High Jump	(M)
	Pole Vault	(W)
*To follow:	Discus	(M)
	Shot Put	(W)
	Triple Jump	(M)
	High Jump	(W)
	Pole Vault	(M)

### RUNNING EVENTS

10:00 AM	5000m	(W)
10:25 AM	5000m	(M)
11:15 AM	3000m Steeple	(W)
11:30 AM	3000m Steeple	(M)
12:30 PM	4x100m	(W)
12:35 PM	4x100m	(M)
12:45 PM	1500m	(W)
1:00 PM	1500m	(M)
1:20 PM	100mHH	(W)
1:35 PM	110mHH	(M)
1:55 PM	400m	(W)
2:10 PM	400m	(M)
2:30 PM	100m	(W)
2:40 PM	100m	(M)
3:00 PM	800m	(W)
3:05 PM	800m	(M)
3:20 PM	400IH	(W)
3:35 PM	400IH	(M)
3:55 PM	200m	(W)
4:05 PM	200m	(M)
4:25 PM	4x800m	(W)
4:35 PM	4x800m	(M)
4:50 PM	4x400m	(W)
5:00 PM	4x400m	(M)

- \*We will have a rolling schedule in the field events and the next event in each area will start immediately upon completion of the previous event
- We will not move more than 15 minutes ahead of schedule, but we will try to go ahead whenever possible.
- Coaches -Please have your athletes check in 30 min prior to event to receive your hip numbers.