



# WINTHROP INVITATIONAL AND MULTI FESTIVAL

**Friday, April 17<sup>th</sup> - Saturday April 18<sup>th</sup>, 2026**

## MEET INFORMATION

<b>Location</b>	Irwin Belk Track, Winthrop University, Rock Hill, South Carolina
<b>Entry Procedure</b>	<p>Entry Deadline is Monday, April 13<sup>th</sup> at 5:00 PM ET. All entries must be received through Direct Athletics. All entry fees must be paid in full online on Direct Athletics prior to the Entry Deadline.</p> <p>When entering, please submit marks in those events achieved after the start date of the 2025 Outdoor track and field season. Meet management reserves the right to select which entries will be accepted and in which sections entrants will be placed. Unattached athletes should email Aidan Fiol at <a href="mailto:fiola@winthrop.edu">fiola@winthrop.edu</a> to request entry.</p>
<b>Entry Fee</b>	\$600 per gender per team. \$25 per unattached athlete. Unattached athletes are accepted at the discretion of the head track and field coach
<b>Accepted Entries</b>	A list of accepted entries will be available on Tuesday April 14 <sup>th</sup>
<b>Schedule of events</b>	A preliminary time schedule is attached. Time schedule will be revised based on entries received
<b>Facility Access</b>	Irwin Belk Track will be open to competitors and coaches two hours prior to the start of competition each day. Only athletes will be permitted inside competition areas. Warm-ups will NOT be allowed to be conducted on the track while competition is underway
<b>Declarations</b>	Final declarations for all events occur at initial check-in for each event. For running events, this occurs at the clerking area no later than 30 minutes before the scheduled start of the event. For field events, this occurs by checking in with the official at the field event site no later than 30 minutes before the scheduled start of the athletes scheduled flight
<b>Implement Inspection</b>	Implement weigh in must be inspected no later than 30 minutes before the scheduled start of the athlete's scheduled flight
<b>Spikes</b>	Athletes may only wear ¼ inch pyramid spikes, unless competing in the High Jump or Javelin Throw, in which case ⅜ inch pyramid spike are acceptable. No pin/needle/Christmas tree spikes will be allowed on the competition surface.
<b>Timing/Results:</b>	Results and start lists will be posted on <a href="http://mitchelltiming.com">mitchelltiming.com</a>
<b>Sports Medicine</b>	EMS will be on site. Please contact Taylor Terwilliger ( <a href="mailto:taylor.terwilliger@advocatehealth.com">taylor.terwilliger@advocatehealth.com</a> ) for more information
<b>Meet Director</b>	Aidan Fiol, Assistant Track and Field / Cross Country Coach <a href="mailto:fiola@winthrop.edu">fiola@winthrop.edu</a> 203-908-5048



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## FRIDAY RUNNING EVENTS

Time	Event	Gender
5:00 p.m.	200 Meters	Women
5:20 p.m.	200 Meters	Men
5:40 p.m.	400 Meter Hurdles	Women
5:50 p.m.	400 Meter Hurdles	Men
6:00 p.m.	1,500 Meters	Women
6:25 p.m.	1,500 Meters	Men
6:50 p.m.	3,000 Meter Steeplechase	Women
7:05 p.m.	3,000 Meter Steeplechase	Men
7:20 p.m.	5,000 Meters	Women
7:40 p.m.	5,000 Meters	Men

## SATURDAY RUNNING EVENTS

Time	Event	Gender
12:00 p.m.	100 Meter Hurdles	Women
12:15 p.m.	110 Meter Hurdles	Men
1:30 p.m.	4 X 100 Meter Relay	Women
1:40 p.m.	4 X 100 Meter Relay	Men
1:50 p.m.	800 Meters	Women
2:00 p.m.	800 Meters	Men
2:15 p.m.	400 Meters	Women
2:25 p.m.	400 Meters	Men
2:35 p.m.	100 Meters	Women
2:45 p.m.	100 Meters	Men
3:00 p.m.	4 X 400 Meter Relay	Women
3:10 p.m.	4 x 400 Meter Relay	Men

## FRIDAY FIELD EVENTS

Time	Event	Gender
11:00 a.m.	Hammer throw	Women
11:00 a.m.	Javelin throw	Men
2:00 p.m.	Hammer throw	Men
2:00 p.m.	Javelin throw	Women
2:30 p.m.	Pole Vault	Men
3:00 p.m.	Long jump	Women
5:00 p.m.	Pole Vault	Women
5:00 p.m.	Long jump	Men

## SATURDAY FIELD EVENTS

Time	Event	Gender
12:00 p.m.	High jump	Women
12:30 p.m.	Shot put	Women
12:30 p.m.	Discus throw	Women
12:30 p.m.	Triple jump	Women
2:00 p.m.	High jump	Men
2:30 p.m.	Shot put	Men
2:30 p.m.	Discus throw	Men
2:30 p.m.	Triple jump	Men

## FRIDAY MULTI EVENTS

### DECATHLON

Time	Event	Gender
11:00 a.m.	100 Meters	Men
11:35 p.m.	Long Jump	Men
12:30 p.m.	Shot put	Men
1:30 p.m.	High Jump	Men
3:20 p.m.	400 Meters	Men

## SATURDAY MULTI EVENTS

### DECATHLON

Time	Event	Gender
10:00 a.m.	110 Meter Hurdles	Men
10:35 a.m.	Discus Throw	Men
11:30 a.m.	Pole Vault	Men
1:15 p.m.	Javelin Throw	Men
2:30 p.m.	1,500 Meters	Men

### HEPTATHLON

Time	Event	Gender
11:30 a.m.	100 Meters	Women
12:15 p.m.	Long Jump	Women
1:30 p.m.	Shot put	Women
2:30 p.m.	200 Meter	Women

### HEPTATHLON

Time	Event	Gender
11:00 a.m.	Long Jump	Women
12:15 p.m.	Javelin Throw	Women
1:30 p.m.	800 Meters	Women