

2024 Alex Wilson Invitational



FINAL Meet Schedule – February 17, 2024

FIELD EVENTS

11:30 AM	Shot Put	Men (1 Flight – 7)
11:30 AM	Long Jump	Women (1 Flight – 8)
11:45 AM	High Jump	Women (1 Flight – 3) (1.68 / 1.73 / 1.78 / 1.83 / 1.86)
12:00 PM	Pole Vault	Men (1 Flight – 6) (4.73 / 4.78 / 4.93 / 5.08 / 5.23 / 5.38 / 5.53)
12:30 PM	Long Jump	Men (1 Flight – 4)
12:30 PM	Shot Put	Women (1 Flight – 6)
1:30 PM	Triple Jump	Women (1 Flight – 3)
1:45 PM	Weight Throw	Men (1 Flight – 7)
2:00 PM	Pole Vault	Women (1 Flight – 4) (3.53 / 3.68 / 3.83 / 3.98 / 4.13 / 4.28 / 4.43)
2:30 PM	Triple Jump	Men (1 Flight – 2)
2:45 PM	Weight Throw	Women (1 Flight – 3)

RUNNING EVENTS

11:45 AM	60 M Dash - Prelim	Men (2 Heats – 11)
12:00 PM	Distance Medley Relay	Men (1 Heat – 11)
12:15 PM	Distance Medley Relay	Women (1 Heat – 8)
12:30 PM	400 M Dash	Women (4 Heats – 17)
12:45 PM	400 M Dash	Men (1 Heat – 6)
1:00 PM	60 M Hurdles - FINAL	Women (1 Heat – 6)
1:10 PM	60 M Dash - FINAL	Women (1 Heat – 6)
1:15 PM	60 M Dash - FINAL	Men (2 Heats – 8)
1:25 PM	Mile Run	Women (1 Heat – 9)
1:35 PM	Mile Run	Men (2 Heats – 19)
1:50 PM	800 M Run	Women (TBA Heats – 21 – Will seed after Check-in)
2:00 PM	800 M Run	Men (TBA Heats – 22 – Will seed after Check-in)
2:15 PM	200 M Dash	Women (1 Heat – 6)
2:25 PM	200 M Dash	Men (3 Heats – 12)
2:30 PM	3000 M Run	Women (1 Heat – 9)
2:45 PM	3000 M Run	Men (1 Heat – 12)
3:00 PM	Golden Dome HS 2-Mile	Boys (1 Heat – 11)
3:15 PM	4x400 M Relay	Men (1 Heat – 2)

updated 02/15/2024