

Central Missouri Invite

Time Schedule

Updated Time Schedule as of 1/22/2025 8:00 PM

Friday January 24th, 2025

Field Events

2:00 PM	Pole Vault Weight Throw Shot Put	Men Women Men
2:30	Long Jump Long Jump High Jump	Men (North Pit) Women South Pit Women
3:45 PM	Pole Vault Weight Throw Shot Put	Women Men Women
4:00	Triple Jump Triple Jump High Jump	Men (North Pit) Women (South Pit) Men

Track Events

5:30 PM	60 Meter Hurdles	Men/Women	Trials	Top 6 to Finals
5:50	60 Meter Dash	Men/Women	Trials	Top 7 to Finals
6:20	Mile Run	Women/Men	Finals	
6:45	60 Meter Hurdles	Women/Men	Finals	
6:55	60 Meter Dash	Women/Men	Finals	
7:05	400 Meter Dash	Women/Men	Finals	
7:20	600 Yard Run	Women/Men	Finals	
7:50	800 Meter Run	Women/Men	Finals	
8:15	200 Meter Dash	Women/Men	Finals	
8:55	3000 Meter Run	Women/Men	Finals	
9:25	1600 Meter Relay	Women/Men	Finals	
9:45	Distance Medley Relay	Combined	Finals	