

# Don DeNoon Invite

Thursday 1/22/26 and Friday 1/23/26

Time Schedule

**Revised on 1/21/2026**

<p style="text-align: center;"><b>Heptathlon Day 1</b> <b>Thursday 1/22/26</b></p> <p>4:00 pm 60M 4:40 pm Long Jump 5:30 pm Shot Put – East Ring 6:40 pm High Jump</p>	<p style="text-align: center;"><b>Pentathlon</b> <b>Friday 1/23/26</b></p> <p>10:00 am 60H 10:45 am High Jump – West Pit 12:15 pm Shot Put – West Ring 1:20 pm Long Jump 3:00 pm 800 Meter</p>
<p style="text-align: center;"><b>Heptathlon Day 2</b> <b>Friday 1/23/26</b></p> <p>8:30 am 60 H 9:00 am Pole Vault 10:45 am 1000M</p>	<p style="text-align: center;"><b>Field Events – Throws</b> <b>Thursday 1/22/26</b></p> <p>2:00 pm Weight Throw (18) Women 3:30 pm Weight Throw (15) Men</p>
<p style="text-align: center;"><b>Field Events</b> <b>Friday 1/23/26</b></p> <p><b>9:00 am Pole Vault Heptathlon</b> 10:45 am Pole Vault (5) Men <b>10:45 am High Jump – W. Pit Pentathlon</b> 12:00 pm Shot Put (18) Women <b>12:15 pm Shot Put – W. Ring Pentathlon</b> 1:00 pm Pole Vault (13) Women <b>1:20 pm Long Jump (9) Pentathlon</b> 1:30 pm Shot Put (12) Men 2:30 pm Long Jump (12) Women 2:45 pm High Jump (9) Men 3:45 pm Long Jump (5) Men 4:15 pm High Jump (8) Women 4:30 pm Triple Jump (4) Women 5:30 pm Triple Jump (7) Men</p>	<p style="text-align: center;"><b>Running Events</b> <b>Friday 1/23/26</b></p> <p><b>10:45 am 1,000 M – Heptathlon</b> 2:00 pm 60H (11) - W Top 8 Times Advance 2:15 pm 60M (30) - W Top 8 Times Advance 2:40 pm 60M (16) – M Top 8 Times Advance <b>3:00 pm 800M - Pentathlon</b> 3:10 pm 60H (5) – Men Final 3:20 pm 60H (8) – Women Final 3:30 pm 60M (8) – Men Final 3:40 pm 60M (8) – Women Final 3:50 pm 1000 (3) – Men Final 3:55 pm 1000 (5) – Women Final 4:05 pm 400 (13) – Men Final 4:20 pm 400 (15) – Women Final 4:40 pm 800M (7) – Men Final 4:45 pm 800M (19) – Women Final 4:55 pm 200M (20) - Men Final 5:20 pm 200M (26) - Women Final 5:50 pm Mile (14) – Men Final 6:05 pm Mile (20) - Women Final 6:25 pm 4x400 (4) - Men Final 6:35 pm 4x400 (9) - Women Final</p>