



2025 Rod McCravy Memorial Invitational

January 10 -11, 2025

TENTATIVE SCHEDULE as of 12.29.2024

Friday, January 10th

Field Events

12:00 pm - **High Jump** – Women
12:00 pm - **High Jump** – Men
1:30 pm - **Weight Throw** – Men
following men – **Women's Weight Throw**
1:30 pm - **Long Jump** – Women
following women – **Men's Long Jump**
3:30 pm – **Pole Vault** - Women

Track Events

3:00 pm - **60 meters** – Women – First Round
3:20 pm - **60 meters** – Men – First Round
3:40 pm – **60m Hurdle** – Women –First Round
3:55 pm – **60m Hurdle** – Men – First Round
4:05 pm - **300 meters** – Women
4:15 pm - **300 meters** – Men
4:25 pm - **600 meters** – Women
4:45 pm - **600 meters** – Men
5:05 pm – **Distance Medley** – Women
5:15 pm – **Distance Medley** – Men
5:30 pm - **200 meters** – Women
6:00 pm - **200 meters** – Men
6:30 pm - **1,000 meters** - Women
6:45 pm - **1,000 meters** - Men

Saturday, January 11th

Field Events

11:00 am – **Pole Vault** – Men
11:00 am - **Shot Put** – Women
following women – **Men's Shot Put**
11:00 am - **Triple Jump** – Women
following women – **Men's Triple Jump**
1:00 pm – **Invitational Pole Vault** - Men

Track Events

12:00 pm - **60 meters** – Women – Semifinal
12:10 pm - **60 meters** – Men – Semifinal
12:20 pm – **60m Hurdle** – Women – Semifinal
12:30 pm – **60m Hurdle** – Men – Semifinal
12:40 pm - **Mile** – Women
1:00 pm - **Mile** – Men
1:10 pm - **60 meters** – Women – Final
1:15 pm - **60 meters** – Men – Final
1:30pm – **60m Hurdle** – Women – Final
1:35 pm – **60m Hurdle** – Men – Final
1:45 pm - **400 meters** – Women
2:20 pm - **400 meters** – Men
2:50 pm - **800 meters** – Women
3:00 pm - **800 meters** – Men
3:15 pm - **3,000 meters** – Women
3:45 pm – **3,000 meters**– Men
4:15 pm - **4x400m Relay** – Women
4:35 pm - **4x400m Relay** - Men