

**Riverhawk Invitational**  
**Friday and Saturday January 26-27, 2024**

**The Track at New Balance**

**FRIDAY SCHEDULE (Women):**

**Running Events**

10:00	60HH Qualifying
10:30	60M Qualifying
11:05	60HH Final
11:10	60M Final
RAISE TRACK	
11:30	Mile Final
12:15	400M Final
12:40	500M Final
1:05	800M Final
1:30	200M Final
2:50	1000M Final
3:05	3000M Final
3:50	4X4 Final
4:25	5000M Final

**SATURDAY SCHEUDLE (Men):**

9:30	60HH Qualifying
10:00	60M Qualifying
10:40	60HH Final
10:45	60M Final
RAISE TRACK	
11:05	Mile Final
11:50	400M Final
12:35	500M Final
1:00	800M Final
1:30	200M Final
2:50	1000M Final
3:10	3000M Final
4:10	4X400 Final
4:40	5000M Final

**SATURDAY & FIRDAY Field Events**

9:00 am	Weight Throw
	Shot Put (30 minutes after weight)
10:00	Long Jump (dual pits)
	Triple Jump (dual pits) (30 minutes after Long Jump)
10:00 am	Pole Vault

High Jump (on the infield 60 minutes after the 60m final)