**2026 Friar Invitational**
**April 10, 2026**

| | | | |
|---|---|---|---|
| 3:25 PM | | National Anthem | |
| 3:30 PM | W | 100m Hurdles | 2 Heats |
| 3:35 PM | M | 110m Hurdles | 1 Heat |
| 3:45 PM | W | 400m Hurdles | 2 Heats |
| 3:50 PM | M | 400m Hurdles | 1 Heat |
| 3:55 PM | W | 100m | 3 Heats |
| 4:00 PM | M | 100m | 3 Heats |
| 4:05 PM | W | 400m | 4 Heats |
| 4:15 PM | M | 400m | 3 Heats |
| 4:20 PM | W | 800m open | 3 Heats |
| 4:30 PM | M | 800m open | 4 Heats |
| 4:40 PM | W | Mile open | 4 Heats |
| 5:05 PM | M | Mile open | 5 Heats |
| 5:35 PM | W | 200m | 5 Heats |
| 5:45 PM | M | 200m | 5 Heats |
| **6:00 PM** | **W** | **Steeple** | **1 Heat** |
| **6:15 PM** | **M** | **Steeple** | **1 Heat** |
| **6:30 PM** | **W** | **800m Invite** | **2 Heats** |
| **6:35 PM** | **M** | **800m Invite** | **2 Heats** |
| **6:40 PM** | **W** | **Mile Invite** | **2 Heats** |
| **6:50 PM** | **M** | **Mile invite** | **3 Heats** |
| **7:05 PM** | **W** | **5000m Invite** | **1 Heat** |
| **7:25 PM** | **M** | **5000m Invite** | **1 Heat** |
| **7:45 PM** | **W** | **3000m Invite** | **1 Heat** |
| **8:00 PM** | **M** | **3000m Invite** | **1 Heat** |
| 8:12 PM | W | 3000m open | 1 Heat |
| 8:25 PM | W | 5000m open | 1 Heat |
| 8:45 PM | M | 5000m open | 1 Heat |

***Rolling Schedule up until break***

| | | | |
|---|---|---|---|
| 5:00 PM | W | High Jump | |
| | M | High Jump | *to followup W HJ |
| 5:00 PM | W | Long Jump | |
| | M | Long Jump | *to followup W LJ |