



UNIVERSITY OF
Redlands
Redlands Invitational – Friday, March 20, 2026

Entries:

-**Track entries** are unlimited per team per race.

-**Field Event entries** will be capped at top 32 entries per event per gender for the Throws and Horizontal Jumps. These events will be contested with 3 preliminary attempts for each flight, then the top 9 competitors earn 3 additional attempts in Finals.

-Vertical Jumps will have opening heights. (TBD)

There will be **no adds to any event** on the day of competition.

-Entries are due by 11:59 pm (PDT) on Monday, March 16, at Direct Athletics.

Entry Fee:

- \$800 maximum per team (20+ entries) per gender (\$1600 for both men and women).
- Individual entries are \$40 per gender per event. Relays are \$125.
- Individual entries must be paid online through Direct Athletics. Only teams may bring checks payable to “*University of Redlands Track & Field*” on meet day.

Facilities: 9-lane track with surfaced HJ, LJ, TJ, and Jav areas. Shot put ring located on north side of stadium, discus held on inside field, hammer ring located directly outside stadium in dirt lot. ¼” pyramid spikes preferred. No “Christmas Tree” spikes allowed.

Timing/Results: Timing services will be provided by Finished Results. Live Results will be available at <https://finishedresults.com/results> as soon as possible at the conclusion of each event. Full results will be provided online as soon as possible after the conclusion of the meet at <https://goredlands.com/sports/track-and-field/schedule>.

Live Stream: Barring any technical difficulties, Live Stream for the meet will be available at <https://www.flotrack.org/events/13489344-2026-redlands-invitational>

Check-In: Athletes must check in at least 20 minutes prior to the scheduled start of their event, regardless of heat or flight. Running event athletes will check in at the tent located outside the track near the finish line. Field event athletes will check in at the event.

Weigh-ins: Implements will be weighed in and certified underneath the stadium on the home side between 11:00 AM - 12:45 PM. Weigh-ins will close at 12:45 PM to allow the official to set up for the Throws.

Athletic Training: An athletic trainer will be available on the east side of the track near the end of the stadium. Restrooms are available underneath the bleachers. There will be no access to locker rooms.

Parking: Free parking is available in the dirt lot to the west of Ted Runner Stadium, on the corner of University St. and Brockton Ave., as well as the Chapel parking lot across Brockton.

Questions: Call Courtney O'Neal at (909) 748-8445 or e-mail courtney_oneal@redlands.edu

Please see following page for schedule of events.

Thursday Multi Events

** All events will take place 30 minutes after the last competitor in the previous event**

2:00 Dec 100m

2:35 Dec Long Jump

2:45 Hep 100mH

3:20 Hep High Jump

3:45 Dec Shot Put

4:45 Dec High Jump

5:45 Hep 200m

6:05 Dec 400m

times listed are estimates

Friday Multi Events

** All events will take place 30 minutes after the last competitor in the previous event**

10:30 Dec 110mH

11:05 Dec Discus

11:30 Hep Long Jump

12:00 Dec Pole Vault

12:30 Hep Javelin

2:00 Hep 800m

2:15 Dec Javelin

3:30 Dec 1500m

times listed are estimates

Field Events- Friday

1:00 Hammer (HT) W/M
Shotput (SP) M/W (M SP follows M HT)

1:00 Discus (DT) M/W
Javelin (JT) W/M (W JT follows W DT)

1:00 Long Jump (LJ) M/W
Triple Jump (TJ) M/W (M TJ follows W LJ)

1:00 Pole Vault (PV) W/M

3:30 High Jump (HJ) W/M

Track Events- Friday

****Times are estimated; we will have a rolling schedule****

3:00 3,000 Steeplechase M

3:15 3,000 Steeplechase W

3:30 4x100 Meter Relay M

3:35 4x100 Meter Relay W

3:45 1500 Meters M

3:55 1500 Meters W

4:05 100 Meter Hurdles M

4:15 110 Meter Hurdles W

4:30 400 Meters M

4:40 400 Meters W

4:55 100 Meters M

5:15 100 Meters W

5:50 800 Meters M

6:00 800 Meters W

6:15 400 Meter Hurdles M

6:25 400 Meter Hurdles W

6:40 200 Meters M

7:10 200 Meters W

7:45 3,000 Meters (Flat) M

8:05 3,000 Meters (Flat) W

8:30 4x400 Meter Relay M

8:35 4x400 Meter Relay W

8:45 Redlands Team 4x400 Meter Relays

****All times are tentative***