



Final

# 2026 Triton Invitational

## Friday April 3, 2026

Throwing Events			Flights/Location
9:00am	Hammer - 3 prelims throws, top 9 to finals for 3 final throws	Women	3 Flights - Throwing Field
9:00am	Javelin - 3 prelims throws, top 9 to finals for 3 final throws	Women	2 Flights - Stadium Infield
1:30pm	Discus (Elite) - 3 prelims throws, top 9 to finals for 3 final throws	Women	2 Flights - Throwing Field
2:00pm	Javelin - 3 prelims throws, top 9 to finals for 3 final throws	Men	2 flights - Stadium Infield
4:00pm	Discus (Open) - 4 throws	Men	3 Flights - Throwing Field

Horizontal Jumping Events			Flights/Location
10:00am	Long Jump (Open) - 4 jumps	Women	3 Flights - Center Pit
12:30pm	Long Jump (Elite) - 3 prelims jumps, top 9 to finals for 3 final jumps	Women	1 Flight - Center Pit
2:00pm	Long Jump (Elite) - 3 prelims jumps, top 9 to finals for 3 final jumps	Men	1 Flight - Center Pit
3:30pm	Long Jump (Open) - 4 jumps	Men	3 Flights - Center Pit

Vertical Jumping Events			Location
10:00am	Leon T. Roach III Memorial Open Pole Vault (Starting height 3.60m)	Men	Stadium
1:30pm	Leon T. Roach III Memorial Elite Pole Vault (Starting height 4.30m)	Men	Stadium

Track Events			Number of Heats
2:20pm	200m	Women	14
3:00pm	200m	Men	15
3:50pm	3000m Steeplechase	Women	2
4:20pm	3000m Steeplechase	Men	2
4:50pm	5000m	Women	2
5:40pm	5000m	Men	2
6:20pm	10000m	Women	1
7:05pm	10000m	Men	1

## Saturday April 4, 2026

Throwing Events			Flights/Location
9:00am	Hammer - 3 prelims throws, top 9 to finals for 3 final throws	Men	3 Flights - Throwing Field
9:00am	Shot (Open) - 4 throws	Women	2 Flights - Stadium Outside Ring
12:00pm	Shot (Elite) - 3 prelims throws, top 9 to finals for 3 final throws	Women	2 Flights - Stadium Outside Ring
1:30pm	Discus (Elite) - 3 prelims throws, top 9 to finals for 3 final throws	Men	2 flights - Throwing Field
2:30pm	Shot (Open) - 4 throws	Men	2 Flights - Stadium Outside Ring
4:00pm	Discus (Open) - 4 throws	Women	3 Flights - Throwing Field
5:30pm	Shot (Elite) - 3 prelims throws, top 9 to finals for 3 final throws	Men	2 Flights - Stadium Outside Ring

Horizontal Jumping Events			Flights/Location
11:00am	Triple Jump - 3 prelims jumps, top 9 to finals for 3 final jumps	Women	3 Flights - Center Pit
3:00pm	Triple Jump - 3 prelims jumps, top 9 to finals for 3 final jumps	Men	3 Flights - Center Pit

Vertical Jumping Events			Location
10:00am	Leon T. Roach III Open Memorial Pole Vault (Starting height 2.81m)	Women	Stadium
11:00am	High Jump (Starting height 1.48m)	Women	Stadium
1:30pm	Leon T. Roach III Memorial Elite Pole Vault (Starting height 3.41m)	Women	Stadium
3:00pm	High Jump (Starting height 1.80m)	Men	Stadium

Track Events			Number of Heats
11:00am	400m Relay	Women	2
11:10am	400m Relay	Men	2
11:20am	400m Relay - UCSD Triton Athletes Council Team Challenge	Men/Women	1
11:25am	800m	Women	9
12:05pm	800m	Men	9
12:45pm	100m Hurdles	Women	6
1:10pm	110m Hurdles	Men	4
1:25pm	400m	Women	6
1:50pm	400m	Men	6
2:20pm	100m	Women	8
2:45pm	100m	Men	8
3:15pm	400m Hurdles	Women	3
3:30pm	400m Hurdles	Men	3
3:50pm	1500m	Women	6
4:30pm	1500m	Men	6
5:10pm	1600m Relay	Women	2
5:25pm	1600m Relay	Men	2