



# MANGRUM INVITATIONAL

**PREDICTABLE WEATHER: LOW RAIN,  
MODERATE TEMPS, LOW WIND**



**PACED INVITE HEATS OF ALL  
DISTANCE RACES 800M UP**

**MEET SCHEDULE ALLOWS FOR  
DOUBLE COMPETITION AT LOCAL  
SATURDAY MEETS**

**CAL STATE SAN MARCOS  
FRIDAY, MARCH 28TH, 2025**



# 2025 MANGRUM INVITATIONAL TENTATIVE SCHEDULE

## Throws (Flights in order of best to least)

- 10:00 AM Discus - Men's (Two Flights of 12, Top 9 to Finals)
- 10:00 AM Hammer - Women's (Two Flights of 12, Top 9 to Finals)
- 12:30 PM Hammer - Men's (Two Flights of 12, Top 9 to Finals)
- 12:30 PM Discus - Women's (Two Flights of 12, Top 9 to Finals)
- 3:00 PM Shot Put - Women's (Two Flights of 12, Top 9 to Finals)
- 3:00 PM Javelin - Men's (Two Flights of 12, Top 9 to Finals)
- 5:00 PM Shot - Men's (Two Flights of 12, Top 9 to Finals)
- 5:00 PM Javelin - Women's (Two Flights of 12, Top 9 to Finals)

## Jumps (Flights in order of best to least)

- 10:00 AM High Jump - Women's Open (Two Flights of 12)
- 11:15 AM High Jump - Women's Invite (Two Flights of 12)
- 1:30 PM High Jump - Men's Invite (One Flight of 12)
- 10:30 AM Long Jump - Men's (Two Flights of 12, 9 to Finals)
- 1:40 PM Pole Vault - Women's (One Flight of 16)
- 2:00 PM Long Jump - Women's (Two Flights of 12, 9 to Finals)
- 4:00 PM Pole Vault - Men's (One Flight of 16)
- 4:30 PM Triple Jump - Men's (East Runway; Two flights of 12, 9 to Finals)
- 4:30 PM Triple Jump - Women's (West Runway; Two flights of 12, 9 to Finals)

## **Starting Heights & Bar Progression:**

- Women's Pole Vault - 2.84, +15 until 3.74, then +10
- Men's Pole Vault - 3.92, +15 until 4.82, then +10
- Women's High Jump - 1.40, +05 until 1.65, then +03
- Men's High Jump - 1.74, +05 until 2.04, then +03

## TRACK EVENTS (Heats in order of fastest to slowest)

- 11:45 AM National Anthem
- 12:00 PM 4x100m Relay - Women's (2 Heats)
- 12:07 PM 4x100m Relay - Men's (2 Heats)
- 12:19 PM 100m Hurdles - Women's (4 Heats)
- 12:32 PM 110m Hurdles - Men's (3 Heats)
- 12:43 PM 400m - Women's (6 Heats)
- 1:00 PM 400m - Men's (6 Heats)
- 1:20 PM 100m - Women's (8 Heats)
- 1:37 PM 100m - Men's (8 Heats)
- 1:58 PM 800m - Women's (6 Heats)
- 2:22 PM 800m - Men's (6 Heats)
- 2:51 PM 400m Hurdles - Women's (5 Heats)
- 3:10 PM 400m Hurdles - Men's (3 Heats)
- 3:25 PM 200m - Women's (10 Heats)
- 3:47 PM 200m - Men's (11 Heats)
- 4:14 PM 1500m - Women's (6 Heats)
- 4:56 PM 1500m - Men's (7 Heats)
- 5:43 PM 4x400m Relay - Women's (2 Heats)
- 5:57 PM 4x400m Relay - Men's (2 Heats)
- 6:12 PM 3,000m Steeplechase - Women's (2 Heats)
- 6:43 PM 3,000m Steeplechase - Men's (2 Heats)
- 7:07 PM 5,000m - Women's (2 Heats)
- 7:52 PM 5,000m - Men's (2 Heats)
- 8:27 PM 10,000m - Women's (1 Heat)
- 9:08 PM 10,000m - Men's (1 Heat)