



2025 MANGRUM INVITATIONAL FINAL SCHEDULE

THROWS (Flights in order of least to best; Two flights of 12, nine to finals)

10:00 AM	Discus - Men's
10:00 AM	Hammer - Women's
12:30 PM	Hammer - Men's
12:30 PM	Discus - Women's
3:00 PM	Javelin - Men's
3:00 PM	Shot Put - Women's
5:00 PM	Shot Put - Men's
5:00 PM	Javelin - Women's

JUMPS (Flights in order of least to best)

10:00 AM	High Jump - Women's Open (12)
11:45 AM	High Jump - Women's Invite (12)
1:30 PM	High Jump - Men's Invite (12)
11:00 AM	Pole Vault - Women's (16)
4:00 PM	Pole Vault - Men's (16)
10:30 AM	Long Jump - Men's (Two flights of 12, nine to finals)
1:30 PM	Long Jump - Women's (Two flights of 12, nine to finals)
4:30 PM	Triple Jump - Men's (East Runway; Two flights of 12, nine to finals)
4:30 PM	Triple Jump - Women's (West Runway; Two flights of 12, nine to finals)

Starting Heights & Bar Progression:

Women's Pole Vault - 2.82, +15 until 3.87, then +10
Men's Pole Vault - 3.92, +15 until 4.82, then +10
Women's High Jump - 1.42, +05 until 1.67, 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
12:00PM	4x100m Relay - Women's (2 Heats)
12:10PM	4x100m Relay - Men's (1 Heat)
12:25PM	100m Hurdles - Women's (4 Heats)
12:38 PM	110m Hurdles - Men's (3 Heats)
12:51 PM	400m - Women's (4 Heats)
1:03 PM	400m - Men's (5 Heats)
1:22 PM	100m - Women's (7 Heats)
1:40 PM	100m - Men's (6 Heats)
1:59 PM	800m - Women's (6 Heats)
2:23 PM	800m - Men's (6 Heats)
2:42PM	Official's Break
2:57 PM	400m Hurdles - Women's (3 Heats)
3:11 PM	400m Hurdles - Men's (3 Heats)
3:23 PM	200m - Women's (8 Heats)
3:45PM	200m - Men's (7 Heats)
4:05PM	1500m - Women's (6 Heats)
4:46PM	1500m - Men's (5 Heats)
5:15PM	4x400m Relay - Women's (2 Heats)
5:33 PM	4x400m Relay - Men's (2 Heats)
5:51 PM	3,000m Steeplechase - Women's (2 Heats)
6:26 PM	3,000m Steeplechase - Men's (1 Heat)
6:43 PM	5,000m - Women's (2 Heats)
7:23PM	5,000m - Men's (2 Heats)
7:58 PM	10,000m - Women's (1 Heat)
8:43PM	10,000m - Men's (1 Heat)