



Ross and Sharon Irwin Invite

March 14-15, 2025



updated 3/13/24

FINAL SCHEDULE OF EVENTS

Friday, March 14, 2025 - Chula Vista Elite Training Center FIELD EVENTS (FINAL)

TIME	EVENTS
9:30am	WEIGH-INS START
11:30am	HAMMER - WOMEN / MEN TO FOLLOW
3:00pm	JAVELIN - WOMEN / MEN TO FOLLOW

Saturday, March 15, 2025 - PLNU Track & Field Complex FIELD EVENTS

TIME	EVENTS
7:30am	WEIGH-INS START
9:00am	HIGH JUMP - WOMEN / MEN TO FOLLOW
10:00am	SHOT PUT - WOMEN / MEN TO FOLLOW
10:30am	LONG JUMP - MEN East Pit / WOMEN West Pit
12:30pm	TRIPLE JUMP - WOMEN West Pit
2:00pm	TRIPLE JUMP - MEN East Pit
1:00pm	DISCUS - WOMEN / MEN TO FOLLOW **Infield closed until discus is complete**
1:00pm	POLE VAULT - MEN East Pit / WOMEN West Pit

Saturday, March 15, 2025 - PLNU Track & Field Complex RUNNING EVENTS

TIME	EVENT
11:20 am	NATIONAL ANTHEM
11:30 am	3000-METER STEEPLECHASE W
11:50 am	3000-METER STEEPLECHASE M
12:05 pm	4 X 100 RELAY W
12:10 pm	4 X 100 RELAY M
12:20 pm	1500 METERS W
12:45 pm	1500 METERS M
1:20 pm	100-METER HURDLES W
1:30 pm	110-METER HURDLES M
1:45 pm	400 METERS W
1:55 pm	400 METERS M
2:15 pm	100 METERS W
2:25 pm	100 METERS M
2:40 pm	800 METERS W
3:05 pm	800 METERS M
3:40 pm	400 METER HURDLES W
3:55 pm	400 METER HURDLES M
4:10 pm	200 METERS W
4:30 pm	200 METERS M
4:50 pm	5000 METERS W (2 heats if needed)
5:15 pm	5000 METERS M (2 heats if needed)
5:45 pm	4 X 400 RELAY W
6:00 pm	4 X 400 RELAY M

This is a fixed time schedule.

We may get behind, but we will NOT go ahead of schedule.