



BRYAN CLAY INVITATIONAL

2024 MEET SCHEDULE (Updated 4/9/2024)

April 11 (Thursday), 12 (Friday), 13 (Saturday)

THURSDAY [April 11th]

OVERVIEW: Multi, Steeple, Invite 10k

Heptathlon and Decathlon starting times with a rolling schedule and approximated finishing time.

9:00 AM	Heptathlon E and F 100 Hurdles (4 heats).	Approximate 200m start time 12:30 PM
10:00 AM	Decathlon D and C 100 Meters (4 heats).	Approximate 400m start time 4:00 PM
10:30 AM	Heptathlon C and D 100 Hurdles (4 heats).	Approximate 200m start time 3:00 PM
2:00 PM	Decathlon A and B 100 Meters (4 heats).	Approximate 400m start time 8:10 PM
3:00 PM	Heptathlon A and B 100m Hurdles (4 heats).	Approximate 200m start time 7:15 PM
4:45 PM	W Open Steeple [slow to fast]	5 Heats
5:45 PM	M Open Steeple [slow to fast]	5 Heats
6:45 PM	M Invite Steeple [slow to fast]	3 Heats
7:15 PM	Hep 200m [Section A and B]**	4 Heats
7:30 PM	W Invite Steeple [fast to slow]	3 Heats
	** 5min delay after W Invite Ht 1 before Ht 2	
8:10 PM	Dec 400m [Section A and B]**	4 Heats
8:25 PM	W Invite 10k Heat 2	
9:00 PM	M Invite 10k Heat 2	
9:30 PM	W Invite 10k Heat 1 [Fastest]	
10:10 PM	M Invite 10k Heat 1 [Fastest]	
10:45 PM	W Invite 10k Heat 3	
11:20 PM	M Invite 10k Heat 3	Finish by 11:50 PM

** Estimate start time off a rolling time schedule.

FRIDAY [April 12th] - Field Events and Heptathlon/Decathlon

Hammer Throw: At Citrus College Stadium Hammer Cage

9:00 AM	Men's Hammer (4 Flights and FINALS)
12:30 PM	Women's Hammer (3 Flights and FINALS)
4:00 PM	Men's Discus (3 Flights and Finals)

Discus Throw: At Azusa Pacific Stadium Track

9:30 AM	Women's Discus (2 flights and Finals)
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Heptathlon Day 2 with estimated times

9:00 AM	Heptathlon LJ [Section F] 10:00 JT, 12:15 800m
10:00 AM	Heptathlon LJ [Section E] 11:00 JT, 12:15 800m
11:00 AM	Heptathlon LJ [Section D] 12:00 JT, 1:45 800m
12:00 PM	Heptathlon LJ [Section C] 1:15 JT, 3:05 800m
1:15 PM	Heptathlon LJ [Section B] 2:30 JT, 4:20 800m
2:30 PM	Heptathlon LJ [Section A] 3:45 JT, 6:05 800m

Decathlon Day 2 with estimated times

11:30 AM	Decathlon 110 H [Section D] 12:10 DT, 1:10 PV, 4:15 JT <u>West runway</u> , 6:15 PM 1500m
12:00 PM	Decathlon 110 H [Section C], 1:10 DT, 2:10 PV, 5:00 JT East runway, 6:20 PM 1500m
1:00 PM	Decathlon 110 H [Section B], 2:10 DT, 3:30 PV, 6:00 JT runway TBA, 7:50 PM 1500m
1:30 PM	Decathlon 110 H [Section A], 3:10 DT, 4:10 PV, 6:40 JT runway TBA, 7:55 PM 1500m

FRIDAY [April 12th] - Track Events

* **Note:** Multi track events are integrated below but also listed above for all multi events.

Track Time Schedule:

7:00 AM	M Open 10k	[slow to fast]	2 Heats	
8:05 AM	W Open 10k	[fast to slow]	2 Heats	
9:25 AM	M Open B 5k	[fast to slow]	3 Heats	
10:10 AM	W Open B 5k	[fast to slow]	3 Heats	Finish by 11:10 AM
11:30 AM	Decathlon 110 H	Section D	4 Heats	
12:00 PM	Decathlon 110 H	Section C	4 Heats	
12:15 PM	Heptathlon 800m	Section F and E	2 Heats	
1:00 PM	Decathlon 110 H	Section B	4 Heats	
1:30 PM	Decathlon 110 H	Section A	4 Heats	
1:45 PM	Heptathlon 800m	Section D	1 Heat	
1:50 PM	W Open 800	[fast to slow]	24 Heats - waterfall (12/heat)	
3:05 PM	Heptathlon 800m	Section C	1 Heat	
3:10 PM	M Open 800	[fast to slow]	24 Heats - waterfall (12/heat)	
4:20 PM	Heptathlon 800m	Section B	1 Heat	
4:25 PM	W Invite 800	[fast to slow]	16 Heats - lanes (8/heat)	
	** 5min delay after Women's Invite Ht 1 before Ht 2			
5:20 PM	M Invite 800	[fast to slow]	16 Heats - lanes (8/heat)	
	** 5min delay after Men's Invite Ht 1 before Ht 2			
6:15 PM	Heptathlon 800m	Section A	1 Heat	
6:20 PM	Decathlon	Section C & D 1500m	2 Heat	

Men's & Women's Open A 5k [Alternating Gender, SLOW to FAST] 4 heats/gender

6:40 PM	W Open A 5k Ht 1	
6:58 PM	M Open A 5k Ht 1	
7:14 PM	W Open A 5k Ht 2	
7:32 PM	M Open A 5k Ht 2	
7:50 PM	Decathlon 1500m	Section A and B 2 Heats
8:05 PM	W Open A 5k Ht 3	
8:23 PM	M Open A 5k Ht 3	
8:38 PM	W Open A 5k Ht 4	
8:56 PM	M Open A 5k Ht 4	

Men's & Women's Invite 5k [Alternating Gender, FAST to SLOW] 4 heats/gender

9:15 PM	W Invite 5k Ht 1	
9:37 PM	M Invite 5k Ht 1	
9:57 PM	W Invite 5k Ht 2	
10:15 PM	M Invite 5k Ht 2	
10:30 PM	W Invite 5k Ht 3	
10:48 PM	M Invite 5k Ht 3	
11:03 PM	W Invite 5k Ht 4	
11:20 PM	M Invite 5k Ht 4	Finish by 11:40 PM

* **Note:** Open C 5k's will be run on Saturday morning.

SATURDAY [April 13th]

RUNNING EVENTS

Sprint Events will be live seeded

7:30 AM	M Open C 5k	[slow to fast]	4 Heats	
8:30 AM	W Open C 5k	[fast to slow]	4 Heats	Finished by 9:40 AM
9:50 AM	Welcome Prayer & National Anthem			
10:00 AM	M 4x100			
10:15 AM	W 4x100			
10:30 AM	M 400			
10:55 AM	W 400			
11:30 AM	M 100			
12:00 PM	W 100			
12:50 PM	M 110 Hurdles			
1:20 PM	W 100 Hurdles			
2:00 PM	M 400 Hurdles			
2:35 PM	W 400 Hurdles			
3:05 PM	M 200			
3:35 PM	W 200			
4:05 PM	M 4x400			
4:30 PM	W 4x400			

1500 Heats Begin: Run in Chronological Order

5:00 PM	W Open C 1500	12 Heats [Slow to Fast]	
5:50 PM	M Open C 1500	12 Heats [Slow to Fast]	
6:40 PM	W Invite 1500	12 Heats [Slow to Fast]	
7:35 PM	M Invite 1500	12 Heats [Fast to Slow]	
	** 5min delay after M Invite Ht 1 before Ht 2		
8:30 PM	W Open A	12 Heats [Fast to Slow]	
9:20 PM	M Open A	12 Heats [Fast to Slow]	
10:10 PM	W Open B	12 Heats [Fast to Slow]	
11:00 PM	M Open B	12 Heats [Fast to Slow]	Finish by 11:50 PM

FIELD EVENTS

Updated 4/9/2024

10:00 AM	Women's High Jump A and D (A on South Pit and D on North Pit)
10:00 AM	Women's Long Jump (5 flights and FINALS)
10:00 AM	Men's Long Jump (5 flights and FINALS)
10:00 AM	Men's Javelin (3 flights with FINALS)
10:00 AM	Women's Pole Vault C (East Pit)
10:00 AM	Men's Pole Vault C (West Pit)
10:00 AM	Women's Shot Put (4 flights and FINALS)
12:15 PM	Men's High Jump A (South Pit)
1:00 PM	Men's Pole Vault A (West Pit)
1:00 PM	Women's Pole Vault A (East Pit)
1:00 PM	Women's Javelin (4 flights and FINALS)
2:30 PM	Women's High Jump B and C (B on South Pit and C on North Pit)
3:00 PM	Men's Triple Jump (5 flights and FINALS)
3:00 PM	Women's Triple Jump (5 flights and FINALS)
3:00 PM	Men's Shot Put (4 flights and FINALS)
4:00 PM	Men's Pole Vault B (West Pit)
4:00 PM	Women's Pole Vault B (East Pit)
4:45 PM	Men's High Jump B (South Pit)