

# 2023 Pomona Invitational

Thank you to our 2023 Invitational Sponsors!



## TIME SCHEDULE: Friday

**\*WEIGH IN FOR SP, D WILL BE AT 1:15PM**

**\*LJ, TJ, DT, SP, TOP 10 TO FINALS IMMEDIATELY**

2:00 PM Friday BOYS LONG JUMP  
GIRLS TRIPLE JUMP  
GIRLS HIGH JUMP  
GIRLS SHOT PUT  
BOYS DISCUS  
Boys Pole Vault

Friday Prelims & Finals

100 HURDLE PRELIMS GIRLS  
110 HURDLE PRELIMS BOYS

100 M DASH PRELIMS GIRLS  
100 M DASH PRELIMS BOYS

4 X 800 M RELAY (FINAL) GIRLS  
4 X 800 M RELAY (FINAL) BOYS

400 M DASH PRELIMS GIRLS  
400 M DASH PRELIMS BOYS

300 M HURDLE PRELIMS	GIRLS
300 M HURDLE PRELIMS	BOYS
3200 M RUN (FINAL)	GIRLS
3200 M RUN (FINAL)	BOYS
200 M DASH PRELIMS	GIRLS
200 M DASH PRELIMS	BOYS
3200 M RUN (FINAL)	GIRLS
• Heat 1	
3200 M RUN (FINAL)	BOYS
• Heat 1	

## The above schedule is a rolling schedule

### TIME SCHEDULE: Saturday

**\*WEIGH IN FOR PV, SP, D WILL BE AT 8:15AM**

**\*LJ, TJ, DT, SP, TOP 10 TO FINALS IMMEDIATELY**

9:00 AM Saturday	BOYS TRIPLE JUMP
	GIRLS LONG JUMP
	GIRLS PV
	BOYS SHOT PUT
	GIRLS DISCUS
10:00 AM Saturday	BOYS HIGH JUMP

Saturday (All races are finals):

9:00 AM	800 M MEDLEY (1-1-2-4)	GIRLS
9:15 AM	100 M HURDLES	GIRLS
9:20 AM	110 M HIGH HURDLES	BOYS
9:30 AM	100 M DASH	GIRLS
9:35 AM	100 M DASH	BOYS
9:40 AM	4 X 200 M RELAY	GIRLS
10:00 AM	4 X 200 M RELAY	BOYS
10:20 AM	1600 M RUN	GIRLS
10:50 AM	1600 M RUN	BOYS
11:25 AM	4 X 100 M RELAY	GIRLS
11:40 AM	4 X 100 M RELAY	BOYS
11:55 AM	400 M DASH	GIRLS
12:00 PM	400 M DASH	BOYS
12:10 PM	300 M HURDLES	GIRLS
12:15 PM	300 M HURDLES	BOYS
12:20 PM	800 M RUN	GIRLS
12:50 PM	800 M RUN	BOYS
1:25 PM	200 M DASH	GIRLS
1:30 PM	200 M DASH	BOYS
1:40 PM	JEFF DONNEL WEIGHT PERSON'S RELAY	
1:55 PM	BREAK (IF NECESSARY)	

2:05 PM	4 X 400 M RELAY	GIRLS
2:30 PM	4 X 400 M RELAY	BOYS

**We will hold as close to this schedule as possible!**