

# Crossroads of America Invitational

Friday & Saturday, January 24 & 25, 2025

## Final Schedule of Events

### Day 1 – Friday, January 24

#### Field Events

3:00-4:15pm Implement Inspection

5:00pm W Weight Throw

5:00pm W Long Jump, 3m board

6:00pm M Pole Vault, increments tba  
4.59 + .15 to 5.19 + .10 to 5.39 + .05

7:45pm M Weight Throw

7:45pm M Long Jump, 3m board

7:10pm W High Jump, increments tba  
1.64 + .05 to 1.69 + .04 to 1.77 + .03

#### Track Events

6:00pm W 60m Hurdles, Trials

6:10pm M 60m Hurdles, Trials

6:20pm W 60m, Trials

6:30pm M 60m, Trials

6:50pm W 600m

7:05pm M 600m

7:20pm W 3000m

7:55pm M 3000m

8:20pm W 200m

8:50pm M 200m

9:10pm W Distance Medley Relay

9:25pm M Distance Medley Relay

### Day 2 – Saturday, January 25

#### Field Events

9:00-10:15am Implement Inspection

11:00am W Shot Put

11:00am W Triple Jump, 11m board only

11:30pm W Pole Vault, increments tba  
3.64 + .15 to 4.24 + .10 to 4.64 + .05

12:00pm M High Jump, increments tba  
1.90 + .05 to 2.00 + .04 to 2.12 + .03

1:30pm M Shot Put

1:30pm M Triple Jump, 13m board only

#### Track Events

11:00am W 60m Hurdles, Finals

11:10am M 60m Hurdles, Finals

11:20am W 60m, Finals

11:30am M 60m, Finals

11:45am W Mile

12:05pm M Mile

12:25pm W 400m

12:50pm M 400m

1:15pm W 800m

1:30pm M 800m

1:45pm W 5000m

2:10pm M 5000m

2:35pm W 4 x 400m

3:00pm M 4 x 400m