

Dr. Sander Invitational Columbia Challenge 2023

TOTAL ATHLETE NUMBERS AND SCHEDULE SUBJECT TO CHANGE
*****Fastest heat/top flight will go last (except for College Races during TV Window)*****

Friday, January 27						
Track Events						
Time	Gender	Event	Type	Minutes	Heats	Field Size
11:30 AM	-	Coaches Meeting		0:15	-	-
12:30 PM	W	60m Dash	College Heats: WHITE	0:10	3	26
12:40 PM	W	60m Dash	College Heats: BLUE	0:15	4	36
12:55 PM	M	60m Dash	College Heats: WHITE	0:10	2	18
1:05 PM	M	60m Dash	College Heats: BLUE	0:15	4	36
1:20 PM	W	DMR	College Final	0:15	1	7
1:35 PM	M	DMR	College Final	0:15	1	7
1:50 PM	W	60m Hurdles	College Heats	0:15	4	36
2:05 PM	M	60m Hurdles	College Heats	0:15	4	36
2:20 PM	W	5K	College Final	0:20	1	12
2:40 PM	M	5K	College Final	0:20	1	25
3:00 PM	M	60m Hurdles	College Final	0:05	1	9
3:05 PM	W	60m Hurdles	College Final	0:05	1	9
3:10 PM	W	60m Dash	College Final	0:05	1	9
3:15 PM	M	60m Dash	College Final	0:05	1	9

Field Events						
Time	Gender	Event	Type	Opening Height	Progression	Field Size
11:00 AM	W	Shot put	College	-	-	25
11:00 AM	M	Triple Jump	College	-	-	15
12:00 PM	M	Pole Vault	College	4.15m	15cm	11
1:00 PM	M	Long Jump	College	-	-	39
1:00 PM	W	Long Jump	College	-	-	46
2:00 PM	M	Shot put	College	-	-	24



Saturday, January 28						
Field Events						
Time	Gender	Event	Type	Opening Height	Progression	Field Size
9:30 AM	W	Weight Throw	College	-	-	30
12:00 PM	Inv M	Long Jump	Invitational	-	-	8
12:15 PM	Inv W	Long Jump	Invitational	-	-	7
12:15 PM	Inv M	High Jump	Invitational	1.85m	5cm	14
12:15 PM	Inv W	High Jump	Invitational	1.60m	5cm	9
1:00 PM	W	Pole Vault	College	3.15m	15cm	15
2:00 PM	W	High Jump	College	1.50m	5cm	15
2:15 PM	W	Triple Jump	College	-	-	24
1:30 PM	M	Weight Throw	College	-	-	21

Track Events						
Time	Gender	Event	Type	Minutes	Sections	Field Size
9:50 AM	W	3K - 1	College	0:20	1	16
10:10 AM	M	3K - 1	College	0:20	1	11
10:30 AM	W	800m - 1,2	College	0:08	2	18
10:38 AM	M	800m - 1,2,3	College	0:12	3	31
10:50 AM	W	400m - 1-10	College	0:20	10	44
11:10 AM	M	400m - 1-8	College	0:16	8	36
11:26 AM	W	3K - 2	College	0:10	1	13
11:36 AM	M	3K - 2	College	0:10	1	12
Opening Ceremonies						
11:50 AM						
12:04 PM	W	College 200m: fastest 2 sections	College	0:06	2	8
12:10 PM	M	College 200m: fastest 2 sections	College	0:06	2	8
12:16 PM	W	USA Mile	Invitational	0:09	1	14
12:25 PM	W	College 400m - 11,12	College	0:07	2	8
12:32 PM	M	USA 1000m	Invitational	0:08	1	10
12:40 PM	M	USA 3000m	Invitational	0:12	1	11
12:52 PM	M	College 400m - 9,10	College	0:07	2	8
12:59 PM	W	USA 3000m	Invitational	0:12	1	12
1:11 PM	M	College 800m - 4,5	College	0:08	2	18
1:19 PM	W	USA 300m	Invitational	0:07	1	3
1:26 PM	W	College 800m - 3,4	College	0:08	2	20
1:34 PM	M	USA 300m	Invitational	0:06	1	4
1:40 PM	M	USA Mile	Invitational	0:10	1	13
1:50 PM	W	USA 1000m	Invitational	0:06	1	8
2:02 PM	W	200m - 3-12	College	0:36	15	67
2:38 PM	M	200m - 3-12	College	0:28	12	46
3:06 PM	M	Mile - 1,2	College	0:12	2	29
3:18 PM	W	Mile - 1,2,3	College	0:18	3	34
3:36 PM	W	4x400m	College	0:20	4	17
3:56 PM	M	4x400m	College	0:15	3	12

TV Window