

2026 Rod McCravy Memorial T&F Meet

(REVISED Time Schedule of Events – Subject to change)

January 9 – 10, 2022

Friday, January 9

Field Events

12:00 pm - High Jump – Women
12:00 pm - High Jump – Men
1:30 pm - Weight Throw – Men
 following men – Women's Weight Throw
1:30 pm - Long Jump–Women (A) & Men (B)
3:30 pm – Pole Vault – Women (A)

Running Events

Track lowered

60m/60mH warmup allowed on oval straightaway

1:45 pm – Running events check-in opens
3:00 pm - 60 meters – Women – Qualifying
3:20 pm - 60 meters – Men – Qualifying
3:40 pm – 60m Hurdle – Women – Qualifying
3:55 pm – 60m Hurdle – Men – Qualifying
4:05 pm - 60 meters – Women – Final
4:10 pm - 60 meters – Men – Final
4:20 pm - 60m Hurdle – Women – Final
4:30 pm – 60m Hurdle – Men – Final
4:40 pm - 400 meters – Women
5:05 pm - 400 meters – Men
5:35 pm - 600 meters – Women
5:55 pm - 600 meters – Men
6:15 pm – Distance Medley – Women
6:30 pm – Distance Medley – Men
7:00 pm - 200 meters – Women
7:30 pm - 200 meters – Men
8:00 pm - 1,000 meters - Women
8:15 pm –1,000 meters - Men

Saturday, January 10

Field Events

11:00 am – Pole Vault – Men (A)
11:00 am - Shot Put – Women
 following women – Men's Shot Put
11:00 am - Triple Jump–Women (A) Men (B)

Running Events

Track Raised

11:45 am – Running events check-in opens
12:00 pm - Mile – Women
12:20 pm - Mile – Men
12:40 pm - 300 meters – Women
12:55 pm - 300 meters – Men
1:10 pm - 800 meters – Women
1:25 pm - 800 meters – Men
1:40 pm - 3,000 meters – Women
2:10 pm - 3,000 meters– Men
2:40 pm - 4x400m Relay – Women
3:00 pm - 4x400m Relay – Men