

2025 Johnny Mathis Invitational

San Francisco State University

4/18/25 - 4/19/25

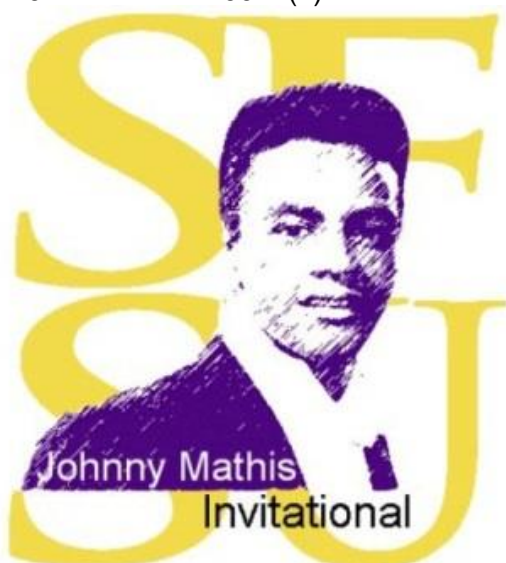
SATURDAY TRACK (# of heats):

****Heats will run fastest to slowest****

Women first, then men except:

Men's 5K will be run before women's 5K

9:30 AM W 3000m Steeplechase (1)
9:50 AM M 3000m Steeplechase (1)
10:05 AM W 4x100m (1)
10:10 AM M 4x100m (1)
10:15 AM Coed Master's 40+ 1mi (1)
10:25 AM W 1500m (5)
10:55 AM M 1500m (6)
11:30 AM W 100mH (3)
11:47 AM M 110mH (2)
11:55 AM W 400m (3)
12:07 PM M 400m (4)
12:23 PM W 100m (4)
12:39 PM M 100m (6)
1:03 PM W 800m (5)
1:23 PM M 800m (8)
2:00 PM W 400mH (1)
2:08 PM M 400mH (2)
2:16 PM W 200m (5)
2:31 PM M 200m (8)
2:55 PM SF State Seniors Recognition
3:15 PM *M 5000m (3)
4:10 PM *W 5000m (1)
4:35 PM W 4x400m (1)
4:40 PM M 4x400m (2)



WTS/MEASURES: Implements should be checked in 90 minutes before the event to be available for warmups.

FRIDAY FIELD:

We will follow a rolling schedule in order listed below. The hammer and javelin can't be contested at the same time due to the facility layout so we will only contest one throwing event at a time on Friday.

1:00 PM Women's Hammer
Men's Hammer
Women's Javelin
Men's Javelin

SATURDAY FIELD:

We will start each event as noted below with one gender following the other as a rolling schedule within the event. The start times, in some cases, depend on the finish times of other events. We intend to start each event at the listed time, however we will start the women's Pole Vault 30 minutes after the Men's Discus is completed.

9:30 AM W Discus
M Discus
W Shot Put
M Shot Put

9:30 AM W High Jump
M High Jump

9:30 AM M Long Jump
W Long Jump
M Triple Jump
W Triple Jump

***TBD W Pole Vault
M Pole Vault

***- the Pole Vault will begin 30 minutes after the conclusion of the Men's Discus.