



Dr. Jack M. Toms Alumni Invitational

Friday & Saturday, March 27th-28th, 2026

Updated 3/25/26

Friday, March 27

SCHEDULE OF FIELD EVENTS (*top 9 advance to finals*)

TIME	EVENT	SECTION
10-11:30am	Implement Certification (All implements)	
12:00pm	Javelin Throw – MEN	FINALS
2:00pm	Javelin Throw – WOMEN	FINALS
2:00pm	Pole Vault – WOMEN	FINALS
5:00pm	Hammer Throw– WOMEN	FINALS
5:00pm	Pole Vault – MEN	FINALS

SCHEDULE OF TRACK EVENTS:

TIME	EVENT	SECTION
6:00pm	5,000 Open (MEN)	FINALS
6:20pm	1500 Invitational (WOMEN) *2	FINALS
6:35pm	Sections 1500 Invitational (MEN) *2	FINALS
6:50pm	Sections 5,000 Open (WOMEN)	FINALS
7:15pm	5,000 Invitational (MEN)	FINALS
7:35pm	10,000 Open (WOMEN)	FINALS
8:25pm	10,000 Open (MEN)	FINALS

Notes: There will be an opportunity to check in hammers for both women and men at the conclusion of the javelin. All men are encouraged to check in their hammers on Friday as opposed to Saturday morning!!

There is no Invite section of the women's 5k. The Open 5k has been moved to that time slot.

At the onset of inclement weather there will be an opportunity to continue the pole vault indoors at Wake Field House.

If there is torrential rain or lightning in the area Turner Gymnasium can be used as a safe haven. There should be no athlete wearing spikes in the building!

Saturday, March 28

SCHEDULE OF FIELD EVENTS (*top 9 advance to finals*)

TIME	EVENT	SECTION
8:00am	Implement Certification (Shot & Discus)	
9:00am	Hammer Throw – MEN	FINALS
10:00am	Long Jump – MEN OPEN	OPEN
10:00am	Long Jump – MEN CHAMPIONSHIP	FINALS
11:00am	High Jump – WOMEN	FINALS
11:00am	Shot Put – MEN	FINALS
12:00pm	Discus – WOMEN	FINALS
12:00pm	Long Jump – WOMEN	FINALS
1:00pm	High Jump – MEN	FINALS
2:00pm	Discus Throw – MEN	FINALS
2:00pm	Shot Put – WOMEN	FINALS
2:30pm	Triple Jump – MEN	FINALS
4:00pm	Triple Jump – WOMEN	FINALS

SCHEDULE OF TRACK EVENTS: (*Fast to slow*)

TIME	EVENT	SECTION
10:30am	4x100 Meter Relay (MEN)	FINALS
10:40am	4x100 Meter Relay (WOMEN)	FINALS
10:50am	1500 Meter Run (MEN) Slow to fast	FINALS
11:20am	1500 Meter Run (WOMEN) Slow to fast	FINALS
11:35am	100 Meter Dash (MEN)	TRIALS
12:00pm	100 Meter Dash (WOMEN)	TRIALS
12:35pm	110 Meter Hurdles (MEN)	FINALS
12:50pm	100 Meter Hurdles (WOMEN)	FINALS
1:05pm	400 Meter Dash (MEN)	FINALS
1:30pm	400 Meter Dash (WOMEN)	FINALS
1:45pm	100 Meter Dash (MEN)	FINALS
1:50pm	100 Meter Dash (WOMEN)	FINALS
1:55pm	800 Meter Run (MEN)	FINALS
2:25pm	800 Meter Run (WOMEN)	FINALS
2:55pm	400 Meter Hurdles (MEN)	FINALS
3:10pm	400 Meter Hurdles (WOMEN)	FINALS
3:25pm	200 Meter Dash (MEN)	FINALS
3:50pm	200 Meter Dash (WOMEN)	FINALS
4:15pm	3,000 Steeple Chase (MEN)	FINALS
4:40pm	3,000 Steeple Chase (WOMEN)	FINALS
4:55pm	4x400 Meter Relay (MEN)	FINALS
5:05pm	4x400 Meter Relay (WOMEN)	FINALS

Notes: the only field event broken into Open and Championship will be the men's long jump. They will be conducted simultaneously. All are guaranteed 3 jumps.

Check In for the 200 will be no later than 2:45PM. You will be scratched if you're not checked in by then! The plan is to reseed if necessary based on scratches.