

DAVID HEMERY VALENTINE INVITATIONAL

WOMEN'S FINAL SCHEDULE

SATURDAY, FEBRUARY 14, 2026

DOORS OPEN: 7:30AM



FIELD EVENTS

- 10:30AM LONG JUMP FOLLOWED BY TRIPLE JUMP**
- 10:30AM POLE VAULT**
- 3:00PM HIGH JUMP**
- 3:00PM SHOT PUT FOLLOWED BY WEIGHT THROW**

RUNNING EVENTS

SESSION 1 WILL RUN UP TO 10 MINUTES AHEAD OF SCHEDULE

- 9:00AM DMR**
- 9:14AM 60H INVITE PRELIMS (TOP 27)**
- 9:20AM 60H OPEN FINALS**
- 9:23AM 60M INVITE PRELIMS (TOP 27)**
- 9:30AM 60M OPEN FINALS**
- 9:37AM 400M INVITE (TOP 40 IN BLOCKS – 4 PER HEAT)**
- 10:00AM 400M OPEN (NO BLOCKS – 5 PER HEAT)**
- 10:35AM 60H FINAL**
- 10:38AM 60M FINAL**
- 10:42AM 800M OPEN**
- 11:45AM 200M INVITE (TOP 40 IN BLOCKS – 4 PER HEAT)**
- 12:05PM 200M OPEN (NO BLOCKS – 4 PER HEAT)**
- 12:30PM 1000M**

12:55PM 4x400m (5 PER HEAT)

1:30PM MILE OPEN

3:45PM FLOTRACK NIGHT IN AMERICA (ELITE WINDOW) BEGINS

3:45PM 800M INVITE (5 HEATS)

4:05PM MILE INVITE (5 HEATS)

4:40PM 3K INVITE (1 HEAT)

4:52PM 5K INVITE (1 HEAT)

SESSION 2 WILL BEGIN IMMEDIATELY AFTER THE ELITE WINDOW

5:10PM 3K OPEN

7:10PM 5K OPEN

ESTIMATED FINISH 9:30PM