



SNHU's Spring Invitational

Thursday - March 26, 2026



Sample time schedule – updated time schedule will sent out once entries are finalized

TRACK	EVENTS	
11:00am	Men's Unseeded 5000m Run	Finals (26 Entries – 1 Heat) 16:40 - NT
11:30am	Women's 3000m Steeplechase	Finals (8 Entries – 1 Heat) 11:08.93 - NT
11:45am	Men's 3000m Steeplechase	Finals (4 Entries – 1 Heat) 9:59.06 – 13:27
12:05pm	Women's 4x100m Relay	Finals (7 Teams – 1 Heat)
12:10pm	Men's 4x100m Relay	Finals (7 Teams – 1 Heat)
12:15pm	Women's 1500m Run	Finals (49 Entries – 4 Heats) Heat 1 (4:35.71 – 5:11.96) / 13 Heat 2 (5:13.45 – 5:24.38) / 12 Heat 3 (5:25.54 – 5:42.78) / 12 Heat 4 (5:48.56 – NT) / 12
12:40pm	Men's 1500m Run	Finals (47 Entries – 4 Heats) Heat 1 (3:58.0 – 4:12.50) / 12 Heat 2 (4:16.0 – 4:24.33) / 11 Heat 3 (4:26.14 – 4:38.26) / 12 Heat 4 (4:40.0 – NT) / 12
1:00pm	Women's 100m Hurdles	Finals (23 Entries – 2 Heats of 8 / 1 Heat of 7) Heat 1 (15.24 – 16.92) / 7 Heat 2 (17.37 – 19.23) / 8 Heat 3 (19.41 – NT) / 8
1:15pm	Men 110m Hurdles	Finals (23 Entries – 2 Heats of 8 / 1 Heat of 7) Heat 1 (15.01 – 16.5) / 8 Heat 2 (16.67 – NT) / 8 Heat 3 (NT) / 7
1:30pm	Women's 400m Dash	Finals (18 Entries – 3 Heats of 6) Heat 1 (57.07 – 64.03) / 6 Heat 2 (64.15 – 69.78) / 6 Heat 3 (70.46 – NT) / 6
1:38pm	Men's 400m Dash	Finals (22 Entries – 3 Heats) Heat 1 (49.24 – 52.09) / 7 Heat 2 (52.50 – 55.00) / 7 Heat 3 (55.55 – NT) / 8
1:45pm	Women's 100m Dash	Finals (55 Entries – 6 Heats of 8 / 1 Heat of 7)
2:00pm	Men's 100m Dash	Finals (90 Entries – 10 Heats of 9)
2:15pm	Women's 800m Run	Finals (30 Entries – 3 Heats) Heat 1 (2:15:88 – 2:29.07) / 8 Heat 2 (2:30.00 – 2:40.00) / 11 Heat 3 (2:40.82 – NT) / 11
2:28pm	Men's 800m Run	Finals (32 Entries – 3 Heats) Heat 1 (1:55 – 2:04.72) / 9 Heat 2 (2:05 – 2:11.07) / 11 Heat 3 (2:13.63 – 2:42.45) / 11
2:40pm	Women's 400m Hurdles	Finals (12 Entries – 2 Heats) Heat 1 (67.82 – 73.12) / 6 Heat 2 (75.45 – NT) / 6
2:55pm	Men's 400m Hurdles	Finals (15 Entries – 2 Heats) Heat 1 (57.05 – 70) / 8 Heat 2 (NT) / 7
3:10pm	Women's 200m Dash	Finals (54 Entries – 7 Heats)
3:35pm	Men's 200m	Finals (70 Entries – 9 Heats)
4:05pm	Women's 5000m Run	Finals (21 Entries – 1 Heat)
4:30pm	Men's Invitational 5000m Run	Finals (26 Entries) 15:16 – 16:36
4:50pm	Women's 4 x 400m Relay	Finals (6 Teams / 1 Heat)
4:56pm	Men's 4 x 400m Relay	Finals (6 Teams / 1 Heat)