

Suffolk Ice Breaker

The Track at New Balance
Sunday January 18th, 2026



TENTATIVE MEET SCHEDULE – may be updated as the meet time approaches

Track 9:30am start, rolling schedule (Women followed by Men unless otherwise noted)

9:30am	Men's 5K	Final
10:05am	Men's 60m HH	Qualifying
10:20am	Women's 60m HH	Qualifying
10:35am	Women's 60m	Qualifying
11:00am	Men's 60m	Qualifying
11:30am	Men's 60m HH	Final
11:35am	Women's 60m HH	Final
11:40am	Women's 60m	Final
11:45am	Men's 60m	Final
11:50am	Women's Mile	Final
12:20pm	Men's Mile	Final
12:50pm	Women's 400m Invite	Final
	Women's 400m Open	Final
1:15pm	Men's 400m Invite	Final
	Men's 400m Open	Final
1:50pm	Women's 800m	Final
2:05pm	Men's 800m	Final
2:20pm	Women's 1K	Final
2:30pm	Men's 1K	Final
2:40pm	Women's 200m Invite	Final
	Women's 200m Open	Final
3:35pm	Men's 200m Invite	Final
	Men's 200m Invite	Final
4:45pm	Women's 3K	Final
5:10pm	Men's 3K	Final
5:30pm	Women's 4 x 400m Relay	Final
5:45pm	Men's 4 x 400m Relay	Final
6:00pm	Men's DMR	Final

Field Events

****Dual Pits Men + Women at the same time for LJ, TJ, HJ****

- 10:00 am Weight Throw – W then M
Shot Put (W then M 30 minutes after men's weight)
- 10:00 am Long Jump
Triple Jump (30 minutes after Long Jump)
- 10:00 am Pole Vault – W then M
High Jump (infield 60 minutes after 60m final)

Information to Note

All Final running events are run **fast to slow**.

INVITE sections of 200m & 400M will have blocks OPEN section will not