

# Concordia University Outdoor Invitational - 2014

## Saturday April 12, 2014

### FIELD EVENTS

11 am	Hammer	Women	Followed by Hammer Men
11 am	Discus	Men	Followed by Discus Women
11:30 am	Long Jump	Women	Followed by Triple Jump Women
11:30 am	Long Jump	Men	Followed by Triple Jump Men
1:30	Pole vault	Women	Followed by Pole vault Men
1:30	High Jump	Women	Followed by High Jump Men
4:15	Javelin	Men	Followed by Javelin Women
4:15	Shot Put	Women	
4:15	Shot Put	Men	

### Running Events – Rolling Schedule after 4 x 100m Relay

1:00	100 Hurdles	Prelims	Women
1:10	110 Hurdles	Prelims	Men
1:20	100	Prelims	Women
1:30	100	Prelims	Men
1:40	1500		Women
1:50	1500		Men
2:05	4 x 100 Relay		Women
2:10	4 x 100 Relay		Men
2:20	3k Steeple		Women
2:35	3k Steeple		Men
2:55	100Hurdles	Final	Women (2 sections)
3:05	110 Hurdles	Final	Men (2 sections)
3:15	100	Final	Women (2 sections)
3:20	100	Final	Men (2 sections)
3:35	400		Women
3:45	400		Men
4:05	400 Hurdles		Women
4:15	400 Hurdles		Men
4:30	800		Women
4:35	800		Men
4:45	200		Women
5:00	200		Men
5:20	5k		Women
5:45	5k		Men
6:05	4 x 400		Women
6:10	4 x 400		Men
6:20	10k		Women