

# Concordia University Outdoor Invitational - 2016

## Saturday April 9, 2016

### **FINAL Schedule**

11:00 am	Hammer	Women	Followed by Hammer Men
11:00	Discus	Men	Followed by Discus Women
11:00	Long Jump	Women	Followed by Triple Jump Women
11:00	Long Jump	Men	Followed by Triple Jump Men
12:00 pm	Javelin	Men	
12:00 pm	Pole vault	Women	
1:00	High Jump	Women	
4:30	Pole Vault	Men	
4:30	Javelin	Women	
4:30	Shot Put	Women	
4:30	Shot Put	Men	
4:30	High Jump	Men	

### **RUNNING EVENTS – Rolling Schedule after Break**

12:00 Noon	100 Hurdles	Prelims	Women
12:10	110 Hurdles	Prelims	Men
12:25	100	Prelims	Women
12:35	100	Prelims	Men
12:45	1500		Women
1:00	1500		Men
1:15	4 x 100 Relay		Women
1:20	4 x 100 Relay		Men
1:35	3k Steeple		Women
1:55	3k Steeple		Men
2:10	100Hurdles	Final	Women
2:15	110 Hurdles	Final	Men
2:25	100	Final	Women
2:30	100	Final	Men
2:35	400		Women
2:45	400		Men
3:00	400 Hurdles		Women
3:15	400 Hurdles		Men
<b>3:30</b>	<b>--- Break ---</b>		
4:00	800		Women
4:10	800		Men
4:25	200		Women
4:40	200		Men
5:00	5k		Women
5:25	5k		Men
5:50	4 x 400		Women
6:00	4 x 400		Men