

2019 CONCORDIA INVITE

CONCORDIA UNIVERSITY - BULLDOG FIELD HOUSE

FRIDAY, FEBRUARY 8, 2019

FINAL Schedule

FIELD EVENTS

2:00 pm	Weight Throw (M)	Followed by Weight Throw (W)
2:00	Shot Put (W)	Competed in high jump area
2:00	Long Jump (W)	Followed by Triple Jump (W) North Runway
2:00	Triple Jump (M)	Followed by Long Jump (M) Infield Runway
2:00	Pole Vault (W)	Followed by Pole Vault (M)
4:30	High Jump (W)	Followed by High Jump (M)
6:30	Shot Put (M)	

RUNNING EVENTS – ROLLING SCHEDULE *(We will not run more than 15min ahead)*

2:30 pm	4 x 800 Relay (W)	5:55	60 Dash Final (W)
2:45	4 x 800 Relay (M)	6:00	60 Dash Final (M)
2:55	5000 (W)	6:05	600 (W)
3:20	5000 (M)	6:15	600 (M)
3:45	60 Hurdles Prelims (W)	6:25	800 (W)
3:55	60 Hurdles Prelims (M)	6:35	800 (M)
4:10	60 Dash Prelims (W)	6:45	1000 (W)
4:25	60 Dash Prelims (M)	6:55	1000 (M)
4:40	Mile (W)	7:05	200 (W)
4:55	Mile (M)	7:25	200 (M)
5:10	400 (W)	8:00	3000 (W)
5:25	400 (M)	8:30	3000 (M)
5:45	60 Hurdles Final (W)	8:55	4 x 400 Relay (W)
5:50	60 Hurdles Final (M)	9:10	4 x 400 Relay (M)

