

2019 CONCORDIA INVITE

FRIDAY, APRIL 5 – SATURDAY, APRIL 6, 2019
CONCORDIA UNIVERSITY - BULLDOG STADIUM

Friday, April 5, 2019

FIELD EVENTS

2:00 pm	Hammer	Men	Followed by Hammer Women
3:00 pm	Javelin	Women	Followed by Javelin Men

RUNNING EVENTS

6:00 pm	10k	Women
7:00	10k	Men

Saturday, April 6, 2019

FIELD EVENTS

12:00 pm	Discus	Men	Followed by Discus Women
12:00	Shot Put	Women	Followed by Shot Put Men
12:00	Long Jump	Women	Followed by Triple Jump Women
12:00	Long Jump	Men	Followed by Triple Jump Men
12:00	Pole vault	Women	Followed by Pole Vault Men
1:00	High Jump	Men	Followed by High Jump Women

RUNNING EVENTS – Rolling Schedule after 4 x 100m Relay

12:00 pm	100 Hurdles Prelims	(W)	2:15	100 Final	(M)
12:10	110 Hurdles Prelims	(M)	2:20	400	(W)
12:20	100 Prelims	(W)	2:30	400	(M)
12:30	100 Prelims	(M)	2:50	400 Hurdles	(W)
12:40	1500	(W)	3:00	400 Hurdles	(M)
12:55	1500	(M)	3:10	800	(W)
1:10	4 x 100 Relay	(W)	3:25	800	(M)
1:15	4 x 100 Relay	(M)	3:45	200	(W)
1:25	3k Steeple	(W)	4:00	200	(M)
1:45	3k Steeple	(M)	4:25	5k	(W)
2:00	100 Hurdles Final	(W)	4:50	5k	(M)
2:05	110 Hurdles Final	(M)	5:15	4 x 400	(W)
2:10	100 Final	(W)	5:25	4 x 400	(M)

