

# 2023 CONCORDIA TWILIGHT

## CONCORDIA UNIVERSITY - BULLDOG STADIUM

### FRIDAY, MAY 12, 2023

### TENTATIVE SCHEDULE

#### FIELD EVENTS

##### THROWS

12:00pm	Men's Javelin	Followed by Javelin Women
2:00	Women's Hammer	Followed by Hammer Men
2:00	Men's Discus	Followed by Discus Women
6:00	Men's Shot Put	
6:00	Women's Shot Put	

##### JUMPS

12:00	Women's Long Jump	Followed by Long Jump Men
12:00	Women's Pole vault	Followed by Pole vault Men
3:00	Women's Triple Jump	Followed by Triple Jump Men
4:00	Men's High jump	Followed by High jump Women

#### Thursday, May 11, 2023

##### WOMEN'S HEPTATHLON

4:30pm	100m Hurdles
* 5:05	High Jump
* 6:20	Shot put
* 7:00	200m

\* *estimated start times*

#### RUNNING EVENTS– Won't go more than 10 min ahead of schedule

1:00pm	5000m Racewalk	Women/Men	
2:00	100 Hurdles	Women	Prelims
2:10	110 Hurdles	Men	Prelims
2:20	100	Women	Prelims
2:25	100	Men	Prelims
2:30	400	Women	
2:35	400	Men	
2:45	4 x 100	Women	
2:50	4 x 100	Men	
3:00	3k Steeplechase	Women	
3:15	3k Steeplechase	Men	
3:35	100 Hurdles	Women	Finals
3:40	110 Hurdles	Men	Finals
3:45	100	Women	Finals
3:50	100	Men	Finals
3:55	1500	Women	
4:05	1500	Men	
4:15	400 Hurdles	Women	
4:20	400 Hurdles	Men	
4:30	5000	Women	
4:55	5000	Men	
5:15	200	Women	
5:25	200	Men	
5:35	4 x 400	Women	
5:40	4 x 400	Men	
5:45	800	Women	
5:55	800	Men	
6:10	10k	Women	(TENTATIVE if there is interest from teams)
6:55	10k	Men	(TENTATIVE if there is interest from teams)

#### Friday, May 12, 2023

##### WOMEN'S HEPTATHLON

5:30pm	Long Jump
* 6:25	Javelin
* 7:30	800m

\* *estimated start times*

