

Concordia University Invitational - 2009

Friday April 3, 2009

REVISED MEET SCHEDULE

FIELD EVENTS

2:00	Discus	Men	
2:00	Hammer	Women	
3:30	Discus	Women	
3:30	Hammer	Men	
5:00	Javelin	Men	
5:30	Shot	Women	
6:00	Javelin	Women	
6:30	Shot	Men	
3:30	Long Jump	Women	Followed by Triple Jump Women
3:30	Long Jump	Men	Followed by Triple Jump Men
4:30	Pole vault	Women	Followed by Pole vault Men
4:30	High Jump	Women	Followed by High Jump Men

Running Events –Rolling Schedule

3:00	100 Hurdles	Women	(Prelim)	
3:15	110 Hurdles	Men	(Prelim)	
3:30	100	Women	(Prelim)	
3:40	100	Men	(Prelim)	
4:00	1500	Women		Fluitt
4:15	1500	Men		Conahan
4:30	4 x 100 Relay	Women		
4:35	4 x 100 Relay	Men		
4:50	3000 Steeple	Women		
5:10	3000 Steeple	Men		
5:25	400	Women		
5:35	400	Men		
5:50	100 Hurdles	Women	(Final)	
5:55	110 Hurdles	Men	(Final)	
6:00	100	Women	(Final)	
6:05	100	Men	(Final)	
6:15	800	Women		
6:25	800	Men		Conahan
6:50	400 Hurdles	Women		
7:00	400 Hurdles	Men		
7:15	200	Women		
7:30	200	Men		
7:50	5000	Women		Marsh
8:15	5,000	Men		J Adams, Falcon
8:35	4 x 400	Women		
8:40	4 x 400	Men		
8:55	10K	Men & Women combined		

