



JOHN MCDONNELL INVITATIONAL

FRIDAY – SATURDAY, APRIL 13 – 14

SCHEDULE OF EVENTS

FRIDAY EVENTS

Time	Event	Gender
12:15 PM	Discus Throw	Men
12:30 PM	Long Jump	Men
12:30 PM	Long Jump	Women
1:00 PM	High Jump	Men
1:00 PM	4 x 100 Meters Relay	Women
1:10 PM	4 x 100 Meters Relay	Men
1:20 PM	Discus Throw	Women
1:20 PM	800 Meters	Women
1:30 PM	800 Meters	Men
1:35 PM	100 Meters	Women
1:50 PM	100 Meters	Men
2:00 PM	Pole Vault	Women
2:00 PM	100 Meter Hurdles	Women
2:10 PM	110 Meter Hurdles	Men
2:20 PM	3,000 Meter Steeplechase	Women
2:35 PM	3,000 Meter Steeplechase	Men
2:50 PM	200 Meters	Women
3:00 PM	200 Meters	Men
3:35 PM	Decathlon 1500 Meters	Men
3:50 PM	Heptathlon 800 Meters	Women

SATURDAY EVENTS

Time	Event	Gender
11:00 AM	Hammer Throw	Men
12:30 PM	Hammer Throw	Women
1:00 PM	400 Meter Hurdles	Women
1:10 PM	400 Meter Hurdles	Men
1:20 PM	400 Meters	Women
1:30 PM	400 Meters	Men
1:30 PM	Javelin Throw	Men
1:30 PM	Triple Jump	Men
1:30 PM	Shot Put	Women
1:40 PM	800 Meters Invitational (2 Heats)	Women
1:50 PM	800 Meters Invitational (2 Heats)	Men
2:00 PM	3,000 Meters	Women
2:00 PM	High Jump	Women
2:00 PM	Pole Vault	Men
2:15 PM	3,000 Meters	Men
2:30 PM	1,500 Meters	Women
2:45 PM	Triple Jump	Women
2:45 PM	Javelin Throw	Women
2:45 PM	Shot Put	Men
2:50 PM	1,500 Meters	Men
3:10 PM	4x400 Meters	Women
3:20 PM	4x400 Meters	Men

HEPTATHLON (THURSDAY – FRIDAY)

Time	Event	Gender
Thurs. 3:00 PM	Heptathlon 100 Meter Hurdles	Women
Thurs. 3:35 PM	Heptathlon High Jump	Women
Thurs. 4:25 PM	Heptathlon Shot Put	Women
Thurs. 5:00 PM	Heptathlon 200 Meters	Women
Fri. 2:30 PM	Heptathlon Long Jump	Women
Fri. 3:10 PM	Heptathlon Javelin Throw	Women
Fri. 3:55 PM	Heptathlon 800 Meters	Women

** Times for the combined events are approximate. Actual starting times will depend on the conclusion of the previous events. **

DECATHLON (THURSDAY – FRIDAY)

Time	Event	Gender
Thurs. 3:10 PM	Decathlon 100 Meters	Men
Thurs. 3:45 PM	Decathlon Long Jump	Men
Thurs. 4:35 PM	Decathlon Shot Put	Men
Thurs. 5:20 PM	Decathlon High Jump	Men
Thurs. 6:20 PM	Decathlon 400 Meters	Men
Fri. 11:00 AM	Decathlon 110 Meter Hurdles	Men
Fri. 11:35 AM	Decathlon Discus Throw	Men
Fri. 12:15 PM	Decathlon Pole Vault	Men
Fri. 2:30 PM	Decathlon Javelin Throw	Men
Fri. 3:35 PM	Decathlon 1,500 Meters	Men

** Times for the combined events are approximate. Actual starting times will depend on the conclusion of the previous events. **