



JOHN MCDONNELL INVITATIONAL

THURSDAY-FRIDAY, APRIL 11-12

FINAL SCHEDULE OF EVENTS

(UPDATED 4.9.19)

THURSDAY FIELD EVENTS

| Time | Event | Gender |
|---------|--------------|--------|
| 3:30 PM | Hammer Throw | Women |
| 5:30 PM | Hammer Throw | Men |

THURSDAY COMBINED EVENTS

| Time | Event | Gender |
|---------|----------------------|--------|
| 1:00 PM | Decathlon 100 Meters | Men |
| 1:40 PM | Decathlon Long Jump | Men |
| 3:00 PM | Decathlon Shot Put | Men |
| 4:05 PM | Decathlon High Jump | Men |
| 6:15 PM | Decathlon 400 Meters | Men |

| | | |
|---------|------------------------------|-------|
| 2:20 PM | Heptathlon 100 Meter Hurdles | Women |
| 3:00 PM | Heptathlon High Jump | Women |
| 4:00 PM | Heptathlon Shot Put | Women |
| 4:45 PM | Heptathlon 200 Meters | Women |

FRIDAY RUNNING EVENTS

| Time | Event | Gender |
|---------|-------------------------------|--------|
| 4:15 PM | 3,000 Meter Steeplechase | Men |
| 4:30 PM | 3,000 Meter Steeplechase | Women |
| 4:45 PM | Decathlon Men's 1,500 Meters | Men |
| 4:55 PM | 4 x 100 Meters Relay | Men |
| 5:00 PM | 4 x 100 Meters Relay | Women |
| 5:05 PM | 3,000 Meters | Men |
| 5:17 PM | 3,000 Meters | Women |
| 5:35 PM | 110 Meter Hurdles | Men |
| 5:45 PM | 100 Meter Hurdles | Women |
| 5:55 PM | 400 Meters | Men |
| 6:05 PM | 400 Meters | Women |
| 6:15 PM | 100 Meters | Men |
| 6:25 PM | 100 Meters | Women |
| 6:35 PM | 400 Meter Hurdles | Men |
| 6:45 PM | 400 Meter Hurdles | Women |
| 6:55 PM | Heptathlon Women's 800 Meters | Women |
| 7:00 PM | 800 Meters | Men |
| 7:10 PM | 800 Meters | Women |
| 7:20 PM | 200 Meters | Men |
| 7:40 PM | 200 Meters | Women |
| 7:55 PM | 1,500 Meters | Men |
| 8:10 PM | 1,500 Meters | Women |
| 8:25 PM | 4 x 400 Meters Relay | Men |
| 8:35 PM | 4 x 400 Meters Relay | Women |

FRIDAY COMBINED EVENTS

| Time | Event | Gender |
|----------|-------------------------------|--------|
| 10:30 AM | Decathlon 110m Hurdles | Men |
| 11:10 AM | Decathlon Discus Throw | Men |
| 12:25 PM | Decathlon Pole Vault | Men |
| 3:30 PM | Decathlon Javelin Throw | Men |
| 4:45 PM | Decathlon Men's 1,500 Meters | Men |
| 5:15 PM | Heptathlon Long Jump | Women |
| 6:00 PM | Heptathlon Javelin Throw | Women |
| 6:55 PM | Heptathlon Women's 800 Meters | Women |

FRIDAY FIELD EVENTS

| Time | Event | Gender |
|----------|---------------|--------|
| 12:20 PM | Discus Throw | Women |
| 2:05 PM | Discus Throw | Men |
| 2:30 PM | Long Jump | Women |
| 3:30 PM | Shot Put | Women |
| 3:50 PM | Long Jump | Men |
| 4:00 PM | High Jump | Men |
| 4:15 PM | Pole Vault | Women |
| 4:45 PM | Javelin Throw | Men |
| 5:00 PM | Shot Put | Men |
| 6:00 PM | Triple Jump | Women |
| 6:00 PM | High Jump | Women |
| 6:40 PM | Javelin Throw | Women |
| 7:00 PM | Pole Vault | Men |
| 7:10 PM | Triple Jump | Men |