



JOHN MCDONNELL INVITATIONAL

THURSDAY – FRIDAY, APRIL 20–21

SCHEDULE OF EVENTS

THURSDAY FIELD EVENTS

Time	Event	Gender
4:00 PM	Hammer Throw	Men
5:45 PM	Hammer Throw	Women

FRIDAY FIELD EVENTS

Time	Event	Gender
10:00 AM	Discus Throw	Women
12:00 PM	Discus Throw	Men
2:00 PM	Shot Put	Women
3:00 PM	Pole Vault	Women
3:30 PM	Long Jump	Men
3:30 PM	Shot Put	Men
4:00 PM	Long Jump	Women
4:00 PM	High Jump	Men
5:00 PM	Javelin Throw	Women
6:00 PM	Triple Jump	Men
6:00 PM	Pole Vault	Men
6:15 PM	High Jump	Women
6:15 PM	Javelin Throw	Men
6:30 PM	Triple Jump	Women

FRIDAY RUNNING EVENTS

Time	Event	Gender
3:25 PM	<i>National Anthem</i>	
3:30 PM	3,000 Meter Steeplechase	Men
3:43 PM	3,000 Meter Steeplechase	Women
4:00 PM	4 x 100 Meters Relay	Men
4:05 PM	4 x 100 Meters Relay	Women
4:10 PM	3,000 Meters	Men
4:20 PM	3,000 Meters	Women
4:35 PM	110 Meter Hurdles	Men
4:45 PM	100 Meter Hurdles	Women
4:55 PM	400 Meters	Men
5:10 PM	400 Meters	Women
5:25 PM	100 Meters	Men
5:35 PM	100 Meters	Women
5:45 PM	400 Meter Hurdles	Men
5:55 PM	400 Meter Hurdles	Women
6:05 PM	800 Meters	Men
6:20 PM	800 Meters	Women
6:35 PM	200 Meters	Men
6:50 PM	200 Meters	Women
7:05 PM	1,500 Meters	Men
7:20 PM	1,500 Meters	Women
7:35 PM	4 x 400 Meters Relay	Men
7:45 PM	4 x 400 Meters Relay	Women