



JOHN MCDONNELL INVITATIONAL

THURSDAY – FRIDAY, APRIL 18 – 19

SCHEDULE OF EVENTS

THURSDAY FIELD EVENTS

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

FRIDAY FIELD EVENTS

Time	Event	Gender
10:30 AM	Discus Throw	Women
12:00 PM	Discus Throw	Men
2:00 PM	Shot Put	Women
3:00 PM	Long Jump	Men
3:00 PM	Pole Vault	Women
3:30 PM	High Jump	Men
3:30 PM	Shot Put	Men
3:30 PM	Long Jump	Women
5:15 PM	Javelin Throw	Women
6:15 PM	High Jump	Women
6:30 PM	Pole Vault	Men
6:30 PM	Triple Jump	Men
7:00 PM	Javelin Throw	Men
7:00 PM	Triple Jump	Women

FRIDAY RUNNING EVENTS

Time	Event	Gender
<i>2:55 PM</i>	<i>National Anthem</i>	
3:00 PM	3,000 Meter Steeplechase	Women
3:13 PM	3,000 Meter Steeplechase	Men
3:25 PM	4 x 100 Meters Relay	Women
3:33 PM	4 x 100 Meters Relay	Men
3:38 PM	3,000 Meters	Women
3:50 PM	3,000 Meters	Men
4:05 PM	100 Meter Hurdles	Women
4:15 PM	110 Meter Hurdles	Men
4:30 PM	400 Meters	Women
4:50 PM	400 Meters	Men
5:10 PM	100 Meters	Women
5:25 PM	100 Meters	Men
<i>5:40 PM</i>	<i>FASTEST KID IN FAYETTEVILLE 100M</i>	
5:55 PM	400 Meter Hurdles	Women
6:05 PM	400 Meter Hurdles	Men
6:15 PM	800 Meters	Women
6:30 PM	800 Meters	Men
6:45 PM	200 Meters	Women
7:05 PM	200 Meters	Men
7:25 PM	1,500 Meters	Women
7:45 PM	1,500 Meters	Men
8:05 PM	4 x 400 Meters Relay	Women
8:15 PM	4 x 400 Meters Relay	Men
8:25 PM	5,000 Meters	Women