



JOHN McDONNELL

FRIDAY, APRIL 24, 2026

Running Events

Time	Event	Gender
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*****Revised 4/14*** Tentative Schedule the final schedule will be posted when entries close**

2:40 PM	National Anthem	
2:45 PM	4 x 100 Meters Relay	Men
2:55 PM	4 x 100 Meters Relay	Women
3:05 PM	3,000 Meter Steeplechase	Men
3:15 PM	3,000 Meter Steeplechase	Women
3:30 PM	110 Meter Hurdles	Men
3:45 PM	100 Meter Hurdles	Women
4:00 PM	400 Meters	Men
4:20 PM	400 Meters	Women
4:40 PM	100 Meters	Men
4:55 PM	100 Meters	Women
5:10 PM	400 Meter Hurdles	Men
5:25 PM	400 Meter Hurdles	Women
5:40 PM	300 Meter Hurdles Invitational	Women
5:45 PM	800 Meters	Men
6:00 PM	800 Meters	Women
6:20 PM	200 Meters	Men
6:40 PM	200 Meters	Women
7:00 PM	300 Meters Invitational	Women
7:05 PM	1,500 Meters	Men
7:25 PM	1,500 Meters	Women
7:45 PM	4 x 400 Meters Relay	Men
8:00 PM	4 x 400 Meters Relay	Women
8:10 PM	3,000 Meters	Men
8:30 PM	3,000 Meters	Women

Field Events

Time	Event	Gender
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10:30 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
3:30 PM	High Jump	Men
3:45 PM	Long Jump	Women
5:15 PM	Javelin Throw	Women
6:15 PM	High Jump	Women
6:30 PM	Triple Jump	Men
6:30 PM	Pole Vault	Men
6:45 PM	Triple Jump	Women
7:00 PM	Javelin Throw	Men