



**Tentative Schedule 3/8/2023**

## **Saturday, March 25, 2023 at Concordia University**

### **Field Events**

9:00 am	W Javelin (Followed by M - 30 mins following) *Capped Javelins <b>Only</b> *
11:00 am	W Pole Vault (Followed by M - 30 mins following - <b>60 min pit warm-up</b> )
12:00 pm	M High Jump (Followed by W - 30 mins following)
12:00 pm	W Discus (Followed by M - 30 mins following)
12:00 pm	M Shot Put (Followed by W - 30 mins following)
1:30 pm	W Long Jump (Followed by M - 30 mins following)
3:30 pm	W Triple Jump (Followed by M - 30 mins following)

### **Track Events**

2:20 pm	Welcome and National Anthem	5:00 pm	W 400 Meter Hurdles
2:20 pm	W 4x100 Meter Relay	5:10 pm	M 400 Meter Hurdles
2:25 pm	M 4x100 Meter Relay	5:20 pm	W 800 Meters
2:35 pm	W 1500 Meter	5:25 pm	M 800 Meters
2:50 pm	M 1500 Meter	5:35 pm	W 200 Meters
3:05 pm	W 100 Meter Hurdle Prelims	6:00 pm	M 200 Meters
3:20 pm	M 110 Meter Hurdle Prelims	6:30 pm	W 3k Steeplechase
3:30 pm	W 100 Meter Prelims	6:45 pm	M 3k Steeplechase
3:45 pm	M 100 Meter Prelims	7:00 pm	W 4x400 Meter Relay
4:00 pm	W 400 Meter	7:15 pm	M 4x400 Meter Relay
4:15 pm	M 400 Meter	7:25 pm	W 5,000 Meter
4:40 pm	W 100 Meter Hurdle Finals	7:50 pm	M 5,000 Meter
4:45 pm	M 110 Meter Hurdle Finals	8:10 pm	W 4x800 Meter Relay
4:50 pm	W 100 Meter Finals	8:20 pm	M 4x800 Meter Relay
4:55 pm	M 100 Meter Finals	8:30 pm	CUI Senior Presentation