



# Cornell Invitational

Saturday, April 5<sup>th</sup> – Mount Vernon, Iowa

## OFFICIAL TIME SCHEDULE

### FIELD EVENTS

#### **THROWS:**

10:00am Hammer Women followed by Men  
\*Discus after hammer Women followed by Men

10:00am Javelin Men followed by Women  
\*Shot Put after javelin Men followed by Women

#### **JUMPS:**

10:00am High Jump Women followed by Men  
10:00am Pole Vault (INDOOR) Men followed by Women  
10:00am Long Jump Men followed by Women  
\*Triple Jump after LJ Men followed by Women

### RUNNING EVENTS – (Estimated Time Schedule, if we get ahead of schedule, we will stay ahead)

#### **11:30am \*\*CORNELL – SENIOR RECOGNITION\*\***

|       |                     |   |
|-------|---------------------|---|
| 12:00 | 4x100m Relay        | W |
| 12:05 | 4x100m Relay        | M |
| 12:10 | 3,000m Steeplechase | W |
| 12:30 | 3,000m Steeplechase | M |
| 12:45 | 100m Hurdles        | W |
| 12:55 | 110m Hurdles        | M |
| 1:05  | 100m Dash           | W |
| 1:10  | 100m Dash           | M |
| 1:20  | 400m Dash           | W |
| 1:25  | 400m Dash           | M |
| 1:35  | 1500m Run           | W |
| 1:50  | 1500m Run           | M |
| 2:05  | 400m Hurdles        | W |
| 2:15  | 400m Hurdles        | M |
| 2:20  | 800m Run            | W |
| 2:30  | 800m Run            | M |
| 2:45  | 200m Dash           | W |
| 2:55  | 200m Dash           | M |
| 3:10  | 5,000m Run          | W |
| 3:35  | 5,000m Run          | M |
| 3:55  | 4x400m Relay        | W |
| 4:00  | 4x400m Relay        | M |

4:10 -----  
\*4x100m Throwers Relay W & M