



Tentative Schedule 3/22/2022

Saturday, March 26, 2022 at Concordia University

Field Events

8:00 am	W Hammer (Followed by M) @ Orange Coast Community College	10:00 am	M High Jump (Followed by W 30 minutes after)
9:00am	W Pole Vault (Followed by M 30 minutes after)	12:00 pm	W Long Jump (Followed by M 30 minutes after)
9:30 am	W Javelin (Followed by M)	4:00 pm	W Shot Put (Followed by M; *Will not begin prior to the end of Javelin)
12:00 am	W Discus (Followed by M; *Will not begin prior to end of Hammer)	5:00pm	W Triple Jump (Followed by M 30 minutes)

Track Events

12:30 pm	Welcome and National Anthem	4:30 pm	M 100 Meters Finals
1:00 pm	W 4 x 100 Meter Relay	4:35 pm	W 1500 Meters
1:05 pm	M 4 x 100 Meter Relay	4:50 pm	M 1500 Meters
1:15 pm	W 10,000m Run	5:05 pm	W 400 Meters Hurdles
2:00 pm	M 10,000m Run	5:10 pm	M 400 Meters Hurdles
2:40 pm	W 100 Meters Hurdles Prelims	5:20 pm	W 800 Meters
2:55 pm	M 110 Meters Hurdles Prelims	5:25 pm	M 800 Meters
3:05 pm	W 100 Meter Prelims	5:35 pm	W 200 Meters
3:20 pm	M 100 Meter Prelims	6:00 pm	M 200 Meters
3:35 pm	W 400 Meters	6:30 pm	W 3k Steeplechase
3:50 pm	M 400 Meters	6:45 pm	M 3k Steeplechase
4:15 pm	W 100 Meters Hurdles Finals	7: 00 pm	W 4x400 Meter Relay
4:20 pm	M 100 Meters Hurdles Finals	7:15 pm	M 4x400 Meter Relay
4:25 pm	W 100 Meters Finals	7:25 pm	W 5000 Meters
		7:50 pm	M 5000 Meters
		8:15 pm	SENIOR PRESENTATION (CUI ATHLETES)