

2023 Concordia Intr Squad/Alumni Meet

Schedule of Events:

Field Events:

9:30 AM: Javelin
9:30 AM: Shot Put
9:30 AM: Long Jump
9:30 AM: Pole Vault
10:00 AM: Discus
10:30 AM: High Jump
11:45 AM: Triple Jump

Track Events:

All events will be run women followed by men

11:00 AM: 4x100m
11:15 AM: Mile (Alumni)
11:25 AM: 60mH
11:45 AM: 60m (Kids)
11:55 AM: 300m
12:05 AM: 300mH
12:20 PM: 3,000m
12:45 PM: Mixed 4x400m Relay (Alumni)

