



JOHN MCDONNELL INVITATIONAL

FRIDAY - SATURDAY, APRIL 24-25, 2021

PRESENTED BY

Graduate
FAYETTEVILLE

SCHEDULE OF EVENTS

SATURDAY RUNNING EVENTS

Time	Event	Gender
5:00 PM	200 Meters	Women
5:20 PM	200 Meters	Men
5:40 PM	400 Meter Hurdles	Women
5:50 PM	400 Meter Hurdles	Men
6:00 PM	1,500 Meters	Women
6:25 PM	1,500 Meters	Men
6:50 PM	3,000 Meter Steeplechase	Women
7:05 PM	3,000 Meter Steeplechase	Men
7:15 PM	5,000 Meters	Women
7:35 PM	5,000 Meters	Men
8:05 PM	5,000 Meters Invitational	Women
8:25 PM	5,000 Meters Invitational	Men

SUNDAY RUNNING EVENTS

Time	Event	Gender
12:00 PM	100 Meter Hurdles Prelims	Women
12:15 PM	110 Meter Hurdles Prelims	Men
1:30 PM	4 x 100 Meters Relay	Women
1:40 PM	4 x 100 Meters Relay	Men
1:50 PM	800 Meters	Women
2:00 PM	800 Meters	Men
2:15 PM	400 Meters	Women
2:25 PM	400 Meters	Men
2:35 PM	100 Meters	Women
2:45 PM	100 Meters	Men
2:55 PM	100 Meter Hurdles	Women
3:00 PM	110 Meter Hurdles	Men
3:05 PM	4 x 400 Meters Relay	Women
3:15 PM	4 x 400 Meters Relay	Men

SATURDAY FIELD EVENTS

Time	Event	Gender
10:15 AM	Hammer Throw	Women
11:55 AM	Hammer Throw	Men
1:40 PM	Discus Throw	Women
2:30 PM	Pole Vault	Women
3:30 PM	Javelin Throw	Men
3:45 PM	Triple Jump	Men
4:45 PM	Javelin Throw	Women
5:00 PM	High Jump	Men
5:40 PM	Triple Jump	Women
6:00 PM	Pole Vault	Men
6:15 PM	Shot Put	Men

SUNDAY FIELD EVENTS

Time	Event	Gender
10:00 AM	Discus Throw	Men
12:00 PM	High Jump	Women
12:30 PM	Long Jump	Women
1:15 PM	Long Jump	Men
2:00 PM	Shot Put	Women

SATURDAY DECATHLON

Time	Event	Gender
11:00 AM	Decathlon 100 Meters	Men
11:35 AM	Decathlon Long Jump	Men
12:30 PM	Decathlon Shot Put	Men
1:30 PM	Decathlon High Jump	Men
3:20 PM	Decathlon 400 Meters	Men

SUNDAY DECATHLON

Time	Event	Gender
11:00 AM	Decathlon 110m Hurdles	Men
11:35 AM	Decathlon Discus Throw	Men
12:30 PM	Decathlon Pole Vault	Men
2:15 PM	Decathlon Javelin Throw	Men
3:30 PM	Decathlon 1,500 Meters	Men