



**Concordia Eagles All-Comers
December 12, 2009
Concordia University Track**

Running Events

(Men 1st Women will follow)

2:00 1000 Meters
2:10 400 Meter Dash
2:20 60 Meter Hurdles Prelims
2:30 600 Meters
2:40 60 Meter Dash Prelims
2:50 DMR
3:00 60 Meter Hurdles Finals
3:10 60 Meter Dash Finals
3:20 800
3:30 Mile
3:50 200
4:00 4 X 400 Relay
4:10 3K/5K

Field Events

1:30 Shot Put (Men First Women to Follow)
2:00 Long Jump (Combined Open Pit)
Triple Jump to follow LJ (Same as LJ)
3:00 Pole Vault (Men First Women to Follow)
3:00 High Jump

Entry Fees: \$30 per team/\$60 for both
\$5/Individual athlete

Entries are due **Thursday December 10th by 5:00pm.**

Entries can be emailed to jose.hernandez@cui.edu

Contact Coach Hernandez at (949)854-8002 x 1433

Changes or additions can be made the day of the meet.

* This schedule is subject to changes closer to the date of the meet. Your feedback is welcomed.