



## Concordia University Open January 30, 2010

### Running Events

(Women 1<sup>st</sup> Men will follow)

1:00 DMR  
1:30 60 Meter Hurdle Prelims  
1:45 1000 Meters  
1:55 60 Meter Dash Prelims  
2:05 400 Meters  
2:20 60 Meter Hurdle Finals  
2:30 800 Meters  
2:40 60 Meter Dash Finals  
2:50 600 Meters  
3:00 Mile  
3:15 200  
3:30 3K/5K  
4:00 4 x 400  
4:15 4 x 800 (if necessary)

### Field Events

(Women 1<sup>st</sup> Men to Follow)

12:30 Shot Put (6 Throws)  
12:30 Long Jump (6 Attempts)  
Triple Jump to follow LJ  
2:00 Pole Vault  
2:00 High Jump

**Entry Fees:** \$30 per team/\$60 for both (6 or more per team)  
\$5/Individual athlete

Entries are due **Thursday, January 28 by 5:00pm.**

Entries can be emailed to [jose.hernandez@cui.edu](mailto: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.