



2023 EMILIE MONDOR INVITATIONAL - April 8, 2023
SFU Burnaby Campus at Terry Fox Field and Track
*TENTATIVE SCHEDULE – updated 3/30/2023

**THROWING EVENTS contested at
Percy Perry Stadium, Coquitlam**

8:30am Women's Hammer
Men's Hammer (to follow)

10:30am Women's Discus
Men's Discus (to follow)

**POLE VAULT contested at Mercer Stadium, New
Westminster**

11:00am Women's Pole Vault
Men's Pole vault (to follow)

FIELD EVENTS contested at SFU

12:00pm Women's Long Jump

1:00pm Women's High Jump

1:30pm Men's Triple Jump

2:00pm Men's Shot Put
Women's Shot Put (to follow)

2:30pm Men's High Jump

3:00pm Women's Javelin
Men's Javelin (to follow)

3:00pm Women's Triple Jump

4:00pm Men's Long Jump

RUNNING EVENTS contested at SFU

12:00pm Women's 3000m Steeple (30")

12:15pm Men's 3000m Steeple (36")

12:25pm Women's 4x100m Relay

12:30pm Men's 4x100m Relay

12:40pm Women's 100m Hurdles (33")

12:55pm Men's 110m Hurdles (42")

1:10pm Women's 1500m

1:25pm Men's 1500m

1:40pm Women's 100m

1:50pm Men's 100m

2:00pm Women's 400m

2:10pm Men's 400m

2:20pm Men's 5km

2:45pm Women's 800m

3:00pm Men's 800m

3:15pm Women's 200m

3:25pm Men's 200m

3:50pm Women's 400m Hurdles (30")

4:00pm Men's 400m Hurdles (36")

4:10pm Women's 5km

4:40pm Women's 1000m

4:50pm Women's 4x400m Relay

5:00pm Men's 4x400m Relay

5:15pm SFU 4x100m Varsity Relay