



2023 EMILIE MONDOR INVITATIONAL - April 8, 2023
SFU Burnaby Campus at Terry Fox Field and Track
*TENTATIVE SCHEDULE – updated 1/31/2023

**Hammer Throw contested at
Percy Perry Stadium, Coquitlam**

9:30am Women's Hammer
Men's Hammer (to follow)

FIELD EVENTS contested at SFU

9:30am Men's Shot Put
Women's Shot Put (to follow)

11:15am Women's Javelin
Men's Javelin (to follow)

12:00pm Women's Long Jump

1:00pm Women's High Jump

1:30pm Men's Triple Jump

2:30pm Men's High Jump

3:00pm Women's Triple Jump

4:00pm Men's Long Jump

TRACK EVENTS

11:45am Women's 3000m Steeple (30")

12:00pm Men's 3000m Steeple (36")

12:10pm Women's 4x100m Relay

12:15pm Men's 4x100m Relay

12:25pm Women's 100m Hurdles (33")

12:35pm Men's 110m Hurdles (42")

12:50pm Women's 1500m

1:05pm Men's 1500m

1:20pm Women's 100m

1:30pm Men's 100m

1:50pm Women's 400m

2:00pm Men's 400m

2:10pm Men's 5km

2:30pm Women's 800m

2:45pm Men's 800m

3:00pm Women's 200m

3:20pm Men's 200m

3:45pm Women's 400m Hurdles (30")

3:55pm Men's 400m Hurdles (36")

4:00pm Women's 5km

4:25pm Women's 4x400m Relay

4:35pm Men's 4x400m Relay

4:45pm SFU 4x100m Varsity Relay