

George Mason University
Mason Spring Invitational
 4/9/2016

Session: 1 Field Events
 Start at 10:00 AM

Starts at	Event	Round
10:00 AM	Women Hammer Throw (Men to follow)	Finals
10:00 AM	Men Javelin Throw (Women to follow)	Finals
10:00 AM	Men Pole Vault	Finals
10:30 AM	Men and Women Long Jump	Finals
12:00 PM	Men High Jump	Finals
2:00 PM	Men and Women Triple Jump	Finals
2:30 PM	Women Pole Vault	Finals
2:00 PM	Men Discus Throw (Women to follow)	Finals
2:00 PM	Women Shot Put (Men to follow)	Finals
3:00 PM	Women High Jump	Finals

Session: 2 Running Events
 Starts at 12:00 PM

Starts at	Event	Round
12:00 PM	Women 100 Meter Dash	Prelims
12:25 PM	Men 100 Meter Dash	Prelims
12:40 PM	Women 4x100 Meter Relay	Finals
12:50 PM	Men 4x100 Meter Relay	Finals
1:05 PM	Women 100 Meter Hurdles	Prelims
1:25 PM	Men 110 Meter Hurdles	Prelims
1:40 PM	Women 400 Meter Dash	Finals
2:05 PM	Men 400 Meter Dash	Finals
2:25 PM	Men 110 Meter Hurdles	Finals
2:35 PM	Women 100 Meter Hurdles	Finals
2:45 PM	Men 100 Meter Dash	Finals
2:50 PM	Women 100 Meter Dash	Finals
3:00 PM	Women 400 Meter Hurdles	Finals
3:15 PM	Men 400 Meter Hurdles	Finals
3:35 PM	Women 200 Meter Dash	Finals
3:50 PM	Men 200 Meter Dash	Finals
4:10 PM	Women 4x400 Meter Relay	Finals
4:20 PM	Men 4x400 Meter Relay	Finals
	(Cancelled) George Mason Senior Recognition Ceremony	
4:30 PM	Women 800 Meter Run	Finals
4:55 PM	Men 800 Meter Run	Finals
5:20 PM	Women 3000 Meter Steeplechase	Finals
5:45 PM	Men 3000 Meter Steeplechase	Finals
6:00 PM	Women 1500 Meter Run	Finals
6:25 PM	Men 1500 Meter Run	Finals
6:50 PM	Women 5000 Meter Run	Finals
7:10 PM	Men 5000 Meter Run	Finals