

55th Jesuit - Sheaner Relays

March 22-23, 2019

FRIDAY

March 22, 2019

6:30 pm **3,200 Meter Run - race order: Girls; Boys** Timed Final

SATURDAY

March 23, 2019

FIELD EVENTS

8:00 am **Boys 6A Long Jump**
Boys Triple Jump 5A

8:30 **Boys 5A High Jump**
Boys 6A Shot Put
Boys Discus 5A

9:30 **Boys Pole Vault 5A & 6A**
(starting height 12'0")
Session I will end at 13'6"
Session II will resume at 11:00 am with the bar at 14'0"
Vaulters entering at the beginning of session II
will be given a 40-minute warm-up period.

10:30 **Boys Long Jump 5A**
Boys 6A Triple Jump

10:30 **Boys Shot Put 5A**
Boys High Jump 6A
Boys 6A Discus

11:30 **High Jump Girls**

12:00 **Long Jump Girls**
following Long Jump **Triple Jump Girls**

12:30 **Shot Put Girls**
following Shot Put **Discus Girls**

1:30 **Pole Vault Girls**



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RUNNING EVENTS MORNING SESSION

race order: Girls; 5A Boys; 6A Boys

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|-----------------------------|--|-------------|
| 7:00–8:25 am | Track Open for practice | |
| 8:30 am | Distance Medley Relay - Boys Only 1200m, 400m, 800m, 1600m | Timed Final |
| <i>Rolling Schedule</i> | 4 x 100 Meter Relay - Boys Only | Preliminary |
| | 800 Meter Run – Section 1 | Timed Final |
| | 100 / 110 Meter High Hurdles | Preliminary |
| | 100 Meter Dash | Preliminary |
| | 400 Meter Dash | Preliminary |
| | 300 Meter Intermediate Hurdles | Preliminary |
| | 200 Meter Dash | Preliminary |
| | 1,600 Meter Run – Section 1 | Timed Final |

AFTERNOON SESSION

| | | |
|--------------|---|-------------|
| 1:00–2:00 pm | Track Open for practice | |
| 2:20 pm | Opening Ceremonies | |
| 2:25 | 4 x 100 Meter Relay | Timed Final |
| 2:40 | 800 Meter Run – Section 2 | Timed Final |
| 2:50 | 100 Meter High Hurdles | Timed Final |
| 2:55 | 110 Meter High Hurdles | Timed Final |
| 3:05 | 150m Exhibition Race: Roy “Robot” Martin vs McClinton Neal | |
| 3:10 | 100 Meter Dash | Timed Final |
| 3:20 | 4x200 Meter Relay | Timed Final |
| 3:35 | 400 Meter Dash | Timed Final |
| 3:50 | 300 Meter Hurdles | Timed Final |
| 4:05 | 200 Meter Dash | Timed Final |
| 4:25 | 1,600 Meter Run – Section 2 | Timed Final |
| 4:40 | 4 x 400 Meter Dash Relay | Timed Final |

