



# 50<sup>th</sup> Jesuit - Sheaner Relays

March 22, 2014



## FIELD EVENTS

|                                 |   |                          |
|---------------------------------|---|--------------------------|
| 8:00                            | 5A Long Jump<br>Triple Jump 4A  |                          |
| 8:30                            | 5A High Jump<br>5A Shot Put<br>Discus 4A  |                          |
| 9:30                            | Pole Vault 4A & 5A<br>(starting height 12'0")<br>Session I will end at 13'6"<br>Session II will resume at 11:00 am with the bar at 14'0"<br>Vaulters entering at the beginning of session II<br>will be given a 40 minute warm-up period. |                          |
| 10:30                           | Long Jump 4A<br>5A Triple Jump  |                          |
| 10:30                           | Shot Put 4A<br>High Jump 4A<br>5A Discus  |                          |
| 11:30                           | High Jump Girls   |                          |
| 12:00<br>following Long<br>Jump | Long Jump Girls<br>Triple Jump Girls  | 4 attempts<br>4 attempts |
| 12:30<br>following Discus       | Discus Girls<br>Shot Put Girls  |                          |
| 1:30                            | Pole Vault Girls  |                          |

## RUNNING EVENTS MORNING SESSION

|                                     |  |  |
|-------------------------------------|--|--|
| 9:00                                | Distance Medley Relay<br>1200m, 400m, 800m, 1600m  | Timed Final  |
| 9:15<br><i>Rolling<br/>Schedule</i> | 4 x 100 Meter Relay<br>110 Meter High Hurdles<br>100 Meter Dash<br>400 Meter Dash<br>300 Meter Intermediate Hurdles<br>200 Meter Dash<br>3,200 Meter Run | Preliminary<br>Preliminary<br>Preliminary<br>Preliminary<br>Preliminary<br>Timed Final |

## AFTERNOON SESSION

race order: Girls; 4A Boys; 5A Boys

|      |  |             |
|------|--|-------------|
| 2:00 | 4 x 100 Meter Relay                              | Timed Final |
| 2:15 | 800 Meter Run                                    | Timed Final |
| 2:45 | 100 Meter High Hurdles                           | Timed Final |
| 2:50 | 110 Meter High Hurdles                           | Timed Final |
| 3:00 | 100 Meter Dash                                   | Timed Final |
| 3:10 | 4x200 Meter Relay - <u>Slow/Fast Finals Only</u> | Timed Final |
| 3:25 | 400 Meter Dash                                   | Timed Final |
| 3:40 | 300 Meter Hurdles                                | Timed Final |
| 3:55 | 200 Meter Dash                                   | Timed Final |
| 4:15 | 1,600 Meter Run                                  | Timed Final |
| 4:50 | 4 x 400 Meter Dash Relay - <u>Slow/Fast</u>      | Timed Final |