

# Drake RELAYS

PRESENTED BY  XTREAM  
POWERED BY Mediacom

**Saturday, April 19, 2025**

7:30 a.m. Half Marathon/10K Drake Road Races  
7:45 a.m. 5K Drake Road Races

**Tuesday, April 22, 2025**

6:00 p.m. Grand Blue Mile Downtown  
7:15 p.m. USATF 1-Mile Championships

**Wednesday, April 23, 2025**

11:30 a.m. Decathlon Men, Day 1  
12:30 p.m. Heptathlon Women, Day 1  
5:30 p.m. Men's World Shot Put Series

**Thursday, April 24, 2025**

10:00 a.m. Decathlon Men, Day 2  
11:00 a.m. Heptathlon Women, Day 2

**Distance Carnival**

4:30 p.m. 4x800m CD, Women, Final  
4:44 p.m. 4x800m CD, Men, Final  
4:58 p.m. 1500m (Unseeded) UD/CD, Women, Final  
5:10 p.m. 1500m (Unseeded) UD/CD, Men, Final  
5:22 p.m. 240 Yard Shuttle ES, Youth, Final  
5:34 p.m. 800m (Unseeded) UD/CD, Women, Final  
5:43 p.m. 800m (Unseeded) UD/CD, Men, Final  
5:52 p.m. 3200m HS, Boys, Final  
6:07 p.m. 3000m HS, Girls, Final  
6:24 p.m. 3000m Steeple Open, Women, Final  
6:48 p.m. 3000m Steeple Open, Men, Final  
7:12 p.m. 5000m (Unseeded) Open, Women, Final  
7:32 p.m. 5000m (Seeded) Open, Women, Final  
7:52 p.m. 5000m (Unseeded) Open, Men, Final  
8:11 p.m. 5000m (Seeded) Open, Men, Final  
8:29 p.m. 10000m Invite, Women, Final  
9:09 p.m. 10000m Invite, Men, Final  
9:49 p.m. **Session Ends- Clear the Stadium**

*Field Events*

**2:15 p.m. Hammer WACT, Men, Final**  
**2:30 p.m. Javelin WACT, Women, Final**  
**3:15 p.m. Hammer WACT, Women, Final**  
3:00 p.m. Shot Put HS, Boys, Final  
**3:30 p.m. Javelin WACT, Men, Final**  
4:00 p.m. Long Jump HS, Boys, Final  
4:30 p.m. Discus HS, Girls, Final  
4:30 p.m. High Jump HS, Boys, Final  
5:20 p.m. Seated Shot Put US Para, CoEd, Final  
5:50 p.m. Seated Javelin US Para, CoEd, Final  
6:00 p.m. Long Jump HS, Girls, Final

**Friday, April 25, 2025**

8:35 a.m. 100mH HS, Girls, Prelim  
8:49 a.m. 110mH HS, Boys, Prelim  
9:03 a.m. 100m HS, Girls, Prelim  
9:13 a.m. 100m HS, Boys, Prelim  
9:23 a.m. 4x100m CD, Women, Prelim  
9:37 a.m. 4x100m CD, Men, Prelim  
**9:50 a.m. 800m Medley HS, Girls, Final**  
**10:04 a.m. 1600m Medley HS, Boys, Final**  
10:23 a.m. 800m Masters, CoEd, Final  
10:34 a.m. 100mH HS, Girls, Final  
10:39 a.m. 110mH HS, Boys, Final  
10:44 a.m. 4x1600m UD/CD, Men, Final  
**11:02 a.m. Officials Break**  
11:50 a.m. 400m Wheelchair HS, Coed, Final  
11:55 a.m. 4x1600m UD/CD, Women, Final  
12:15 p.m. 100mH UD/CD, Women, Prelim  
12:29 p.m. 110mH UD/CD, Men, Prelim  
12:43 p.m. 4x200m HS, Girls, Final  
12:56 p.m. 4x200m HS, Boys, Final  
1:09 p.m. 4x100m UD, Women, Prelim  
1:18 p.m. 4x100m UD, Men, Prelim  
1:27 p.m. 4x100m Special Olympics  
1:34 p.m. 800m UD/CD, Women, Final

1:40 p.m. 800m HS, Girls, Final  
1:47 p.m. 800m UD/CD, Men, Final  
1:53 p.m. 800m HS, Boys, Final  
2:00 p.m. 100m UD/CD, Women, Prelim  
2:11 p.m. 100m UD/CD, Men, Prelim  
2:24 p.m. 400mH UD/CD, Women, Final  
2:37 p.m. 400mH UD/CD, Men, Final  
2:50 p.m. 100m Special Olympics  
2:58 p.m. 100m HS, Girls, Final  
3:03 p.m. 100m HS, Boys, Final  
3:08 p.m. 4x400m CD, Women, Prelim  
3:31 p.m. 4x400m CD, Men, Prelim  
3:54 p.m. **Session Ends- Clear the Stadium**

*Field Events*

8:30 a.m. Discus HS, Boys, Final  
9:00 a.m. Shot Put HS, Girls, Final  
10:00 a.m. Triple Jump UD/CD, Women, Final  
10:30 a.m. High Jump HS, Girls, Final  
11:00 a.m. Discus UD/CD, Women, Final  
11:15 a.m. Shot Put UD/CD, Men, Final  
11:45 p.m. Triple Jump UD/CD, Men, Final  
1:00 p.m. Pole Vault UD/CD, Women, Final  
1:30 p.m. Triple Jump Champ, Men, Final  
1:30 p.m. High Jump UD/CD, Men, Final  
1:45 p.m. Discus UD/CD, Men, Final  
1:45 p.m. Shot Put UD/CD, Women, Final  
2:45 p.m. Triple Jump Champ, Women, Final

**Friday Night at the Drake Relays**

5:02 p.m. 1600m Medley MS, Girls, Final  
5:09 p.m. 1600m Medley MS, Boys, Final  
5:16 p.m. 400m UD/CD, Women, Final  
5:28 p.m. 400m HS, Girls, Final  
5:34 p.m. 400m UD/CD, Men, Final  
5:46 p.m. 400m HS, Boys, Final  
5:54 p.m. 4x100m MS, Girls, Final  
6:07 p.m. 4x100m MS, Boys, Final  
6:20 p.m. Sprint Medley CD, Women, Final  
6:35 p.m. Sprint Medley CD, Men, Final  
6:50 p.m. 1500m UD/CD, Women, Final  
6:56 p.m. 1500m UD/CD, Men, Final  
7:04 p.m. Mixed 4x400 MS, Final

**7:16 p.m. 4x800m UD, Women, Final**  
**7:26 p.m. 4x800m UD, Men, Final**  
7:36 p.m. 4x200m UD/CD Women, Final  
7:48 p.m. 4x200m UD/CD Men, Final  
**8:02 p.m. 3000m Steeple WACT, Women, Final**  
8:27 p.m. 4x400m HS, Girls, Prelim  
8:44 p.m. 4x400m HS, Boys, Prelim

**Session Ends - Fireworks Show**

*Field Events*

5:00 p.m. Discus Champ, Women, Final  
5:00 p.m. Long Jump UD/CD, Women, Final  
5:05 p.m. Pole Vault Champ, Women, Final  
5:15 p.m. Shot Put Champ, Men, Final  
6:00 p.m. High Jump Champ, Men, Final  
6:30 p.m. Discus Champ, Men, Final  
6:30 p.m. Shot Put Champ, Women, Final  
7:00 p.m. Long Jump Champ, Women, Final

**Saturday, April 26, 2025**

8:10 a.m. Shuttle Hurdle HS, Girls, Prelim  
8:25 a.m. Shuttle Hurdle HS, Boys, Prelim  
8:40 a.m. Distance Medley Iowa CD, Women, Final  
8:55 a.m. Distance Medley Iowa CD, Men, Final  
9:10 a.m. Distance Medley CD, Women, Final  
9:25 a.m. Distance Medley CD, Men, Final  
9:40 a.m. 4x100m HS, Girls, Prelim  
10:12 a.m. 4x100m HS, Boys, Prelim  
**10:44 a.m. 4x800m HS, Girls, Final**

**10:59 a.m. 4x800m HS, Boys, Final**  
11:14 a.m. **Officials Break**  
11:57 p.m. Shuttle Hurdle HS, Girls, Final  
12:02 p.m. Shuttle Hurdle UD/CD, Women, Final  
12:17 p.m. Shuttle Hurdle HS, Boys, Final  
12:22 p.m. Shuttle Hurdle UD/CD, Men, Final  
**12:37 p.m. Distance Medley UD, Women, Final**  
**12:51 p.m. Distance Medley UD, Men, Final**  
**1:05 p.m. 100m UD/CD, Women, Final**  
**1:11 p.m. 100m UD/CD, Men, Final**  
**1:19 p.m. 100mH UD/CD, Women, Final**  
**1:26 p.m. 110mH UD/CD, Men, Final**  
**1:33 p.m. Sprint Medley UD, Women, Final**  
**1:44 p.m. Sprint Medley UD, Men, Final**  
1:57 p.m. 400mH HS, Boys, Final  
**2:05 p.m. 400mH WACT, Men, Final**  
2:11 p.m. 400mH HS, Girls, Final  
**2:18 p.m. 400mH WACT, Women, Final**  
**2:25 p.m. 800m WACT, Women, Final**  
**2:32 p.m. 1500m WACT, Men, Final**  
**2:42 p.m. 4x100m UD, Women, Final**  
2:47 p.m. 4x100m CD, Women, Final  
**2:51 p.m. 4x100m HS, Girls, Final**  
**2:55 p.m. 4x100m UD, Men, Final**  
3:00 p.m. 4x100m CD, Men, Final  
**3:04 p.m. 4x100m HS, Boys, Final**  
**3:10 p.m. 110mH WACT, Men, Final**  
**3:16 p.m. 100mH WACT, Women, Final**  
**3:23 p.m. 400m WACT, Men, Final**  
**3:30 p.m. Mile WACT, Women, Final**  
**3:40 p.m. Invitational 4x400m UD, Women, Final**  
**3:47 p.m. Invitational 4x400m UD, Men, Final**  
4:00 p.m. 4x400m UD, Women, Final  
4:07 p.m. 4x400m UD, Men, Final  
4:14 p.m. 1500m HS, Girls, Final  
4:22 p.m. 1600m HS, Boys, Final  
4:30 p.m. 4x400m CD, Women, Final  
4:37 p.m. 4x400m CD, Men, Final  
**4:44 p.m. 4x400m HS, Girls, Final**  
**4:51 p.m. 4x400m HS, Boys, Final**  
4:58 p.m. **Session Ends - Clear the Stadium**

*Field Events*

10:00 a.m. Hammer UD/CD, Men, Final  
10:00 a.m. Long Jump UD/CD, Men, Final  
10:15 a.m. Javelin UD/CD, Women, Final  
11:00 a.m. High Jump UD/CD, Women, Final  
11:30 a.m. Pole Vault UD/CD, Men, Final  
11:30 a.m. Long Jump Masters, CoEd, Final  
12:15 p.m. Hammer Champ, Men, Final  
**12:30 p.m. Long Jump WACT, Men, Final**  
12:30 p.m. Javelin Champ, Women, Final  
1:45 p.m. Hammer UD/CD, Women, Final  
1:50 p.m. Javelin UD/CD, Men, Final  
**2:05 p.m. Long Jump WACT, Women, Final**  
**2:30 p.m. Shot Put WACT, Men, Final**  
3:00 p.m. High Jump Champ, Women, Final  
3:00 p.m. Pole Vault Champ, Men, Final  
4:00 p.m. Javelin Champ, Men, Final  
4:00 p.m. Hammer Champ, Women, Final  
4:00 p.m. Long Jump Champ, Men, Final

**Relays Cup Events | Xtream Sprint Series**  
ES – Elementary School | MS – Middle School  
HS – High School | CD – College | UD – University  
**WACT - World Athletics Continental Tour | Masters - Age 40+**