

# **2014 Colonial Relays**

## **April 3-5, 2014**

### **Thursday April 3<sup>rd</sup>, 2014**

**At Stimson Throwing Events Area:**

|         |                        |
|---------|------------------------|
| 4:00 PM | Women's – Hammer Throw |
|---------|------------------------|

### **Friday April 4<sup>th</sup>, 2014**

| <b><u>At Zable Stadium:</u></b> |                                 | <b><u>At Stimson Throwing Events Area:</u></b> |                 |
|---------------------------------|---------------------------------|------------------------------------------------|-----------------|
| 11:00 AM                        | Men's Long Jump - Center Pit    |                                                |                 |
| 11:00 AM                        | Women's Long Jump - Sadler Pit  | 10:00 AM                                       | Men's Hammer    |
| 3:30 PM                         | H.S. Girls Long Jump Sadler Pit |                                                |                 |
| 3:30 PM                         | H.S. Boys Long Jump Center Pit  | 2:00 PM                                        | Women's Javelin |
| 11:00 AM                        | H.S. Girl's Pole Vault          | 1:00 PM                                        | Men's Shot Put  |
| 1:00 PM                         | Women's Pole Vault (2 Sections) |                                                |                 |
| 1:00 PM                         | Men's High Jump (2 Sections)    | 4:30 PM                                        | Women's Discus  |
| 4:00 PM                         | H.S. Boy's High Jump            |                                                |                 |

### **Friday April 4<sup>th</sup>, 2014**

| <b><u>At Zable Stadium</u></b> |                                                                         |
|--------------------------------|-------------------------------------------------------------------------|
| 9:00 AM                        | Women - 5000m Unseeded                                                  |
| 9:25 AM                        | Men - 5000m Unseeded                                                    |
| 9:45 AM                        | Women – 1500m Run Section 4, 5, 6 (unseeded)                            |
| 10:05 AM                       | Men – 1500m Run Section 4, 5, 6 (unseeded)                              |
| 10:25 AM                       | Women – 3000m                                                           |
| 10:45 AM                       | Men – 3000m                                                             |
| 11:00 AM                       | H.S. Girls 100m Dash Final                                              |
| 11:10 AM                       | Women- 100m Dash – Trials                                               |
| 11:25 AM                       | H.S. Boys 100m Dash Final                                               |
| 11:35 AM                       | Men- 100m Dash – Trials                                                 |
| 12:10 PM                       | Women – 400m Dash                                                       |
|                                | Men – 400m Dash                                                         |
|                                | Girls - 400m Dash                                                       |
|                                | Boys - 400m Dash                                                        |
| 1:30 PM                        | H.S. Boys 110 Hurdles - Finals                                          |
|                                | Men – 110m High Hurdles – Trials                                        |
|                                | H.S. Girls 100 Hurdles - Finals                                         |
|                                | Women – 100m High Hurdles – Trials                                      |
| 2:10 PM                        | Women – 800m Run Seeded Section Sections 1,2,3 (8-10 athletes per heat) |
|                                | Women – 800m Run Unseeded Sections 3,4,5,6 (Ally Starts)                |
|                                | H.S. Girls 800                                                          |
| 2:40 PM                        | Men – 800m Run Seeded Section Sections 1,2,3 (8-10 athletes per heat)   |
|                                | Men – 800m Run Unseeded Sections 3,4,5,6 (Ally Starts)                  |
|                                | H.S. Boys 800                                                           |
| 3:10 PM                        | Women – 400m Hurdles – Final                                            |
| 3:40 PM                        | Men – 400m Hurdles – Final                                              |
| 4:10 PM                        | H.S. – Girls Distance Medley Championships                              |
| 4:25 PM                        | H.S. – Boys Distance Medley Championships                               |
|                                | Break                                                                   |

**April 4<sup>th</sup>, 2014**  
**Evening Session**

| <b><u>At Zable Stadium</u></b> |                                            |
|--------------------------------|--------------------------------------------|
| 5:00 PM                        | Women – 3000m Steeplechase                 |
| 5:30 PM                        | Men – 3000m Steeplechase                   |
| 6:00 PM                        | Women – 200m Dash                          |
|                                | H.S. Girls -200m Dash – Limited            |
|                                | Men – 200m Dash                            |
|                                | H.S. Boys -200m Dash – Limited             |
| 7:00 PM                        | H.S. Girls Mile (1 section only)           |
| 7:10PM                         | H.S. Boys Mile (1 section only)            |
| 7:15 PM                        | Women – 1500m Run- Seeded Sections 1, 2, 3 |
| 7:35 PM                        | Men – 1500m Run – Seeded Sections 1, 2, 3  |
| 7:55 PM                        | Women – 5000m Run- Seeded Sections         |
| 8:40 PM                        | Men – 5000m Run- Seeded Sections           |
| 9:20 PM                        | Women – 10,000m Run                        |
| 10:00 PM                       | Men – 10,000m Run                          |

| SATURDAY, APRIL 5 <sup>TH</sup> |                                  |                                         |                  |
|---------------------------------|----------------------------------|-----------------------------------------|------------------|
| <u>At Zable Stadium:</u>        |                                  | <u>At Stimson Throwing Events Area:</u> |                  |
| 11:00 AM                        | Men's Triple Jump- Center Pit    |                                         |                  |
| 11:00 AM                        | Women's Triple Jump - Sadler Pit | 10:00 AM                                | H.S. Girls Shot  |
| 10:00 AM                        | H.S. Boy's Pole Vault            |                                         |                  |
| 12:00 PM                        | Men's Pole Vault (2 Sections)    | 12:00 PM                                | Women's Shot Put |
|                                 |                                  | 3: 00 PM                                | H.S. Boys Shot   |
|                                 |                                  |                                         |                  |
| 1:00 PM                         | Women's High Jump (2 Sections)   | 11:00 AM                                | Men's Discus     |
| 3:00 PM                         | H.S. Girl's High Jump            | 2:00 PM                                 | Men's Javelin    |

| Saturday April 5 <sup>th</sup> Zable Stadium |                                                       |
|----------------------------------------------|-------------------------------------------------------|
| 10:00 AM                                     | H.S. Girls 400m Hurdles                               |
| 10:15 AM                                     | H.S. Boys 400m Hurdles                                |
| 10:30 AM                                     | H.S. Girls -- 4 x 100m Relay                          |
| 10:45 AM                                     | H.S. Boys – 4 x 100m Relay                            |
| 11:00 AM                                     | H.S. Girls 3000m – 1 section                          |
| 11:15 AM                                     | H.S. Boys 3000m – 1 section                           |
| 11:30 AM                                     | Men – 110 Hurdles - Finals – Top 8 Times from Trials  |
| 11:35 AM                                     | Women – 100 Hurdles- Finals – Top 8 times from Trials |
| 11:40 AM                                     | Women – 4 x 800m Relay                                |
| 12:00 PM                                     | Men – 4 x 800m Relay                                  |
| 12:20 PM                                     | Women – 4 x 100m Relay                                |
| 12:40 PM                                     | Men – 4 x 100m Relay                                  |
| 1:00 PM                                      | Women – DMR                                           |
| 1:15 PM                                      | Men – DMR                                             |
| 1:30 PM                                      | H.S. Girls 4 x 800m – Championships                   |
| 1:45 PM                                      | H.S. Boys 4 x 800m - Championships                    |
| <b>1:55 PM</b>                               | <b>W&amp;M Ceremony</b>                               |
| 2:05 PM                                      | Women – Sprint Medley (200,200,400,800)               |
| 2:25 PM                                      | Men – Sprint Medley (200,200,400,800)                 |
| 2:45 PM                                      | H.S. Girls– 4 x 400m Relay                            |
| 2:55 PM                                      | H.S. Boys– 4 x 400m Relay                             |
| 3:05 PM                                      | Women – 100m Dash – Final – Top 8 times from Trials   |
| 3:10 PM                                      | Men – 100m Dash – Final – Top 8 times from Trials     |
| 3:15 PM                                      | Women – 4 x 200m Relay                                |
| 3:35 PM                                      | Men – 4 x 200m Relay                                  |
| 3:55 PM                                      | Women – 4 x 1500m Relay                               |
| 4:15 PM                                      | Men – 4 x 1500m Relay                                 |
| 4:35 PM                                      | Women – 4 x 400m Relay                                |
| 5:00 PM                                      | Men – 4 x 400m Relay                                  |

**We will go ahead of Schedule 15 minutes maximum when possible**

**\* Please make sure that all athletes check-in at least one (1) hour prior to event or they will be scratched!**