

## COLONIAL RELAYS

April 4<sup>th</sup>- April 6<sup>th</sup>, 2024 | **UPDATED SCHEDULE OF EVENTS**



| Thursday Field Events |        |        |                     |
|-----------------------|--------|--------|---------------------|
| Time                  | Event  | Gender | Section             |
| 3:30 PM               | Hammer | Men    | <i>Invitational</i> |
| To Follow             | Hammer | Men    |                     |

| Friday Running Events |                        |        |                     |
|-----------------------|------------------------|--------|---------------------|
| Time                  | Event                  | Gender | Section             |
| 9:35 AM               | <b>NATIONAL ANTHEM</b> |        |                     |
| 9:45 AM               | 5,000m                 | Women  | <i>Unseeded</i>     |
| 10:10 AM              | 5,000m                 | Men    | <i>Unseeded</i>     |
| 10:35 AM              | 800m                   | Women  |                     |
| 11:00 AM              | 800m                   | Men    |                     |
| 11:30 AM              | 100m Hurdles           | Women  |                     |
| 11:55 AM              | 110m Hurdles           | Men    |                     |
| 12:05 PM              | 100m Dash              | Women  |                     |
| 12:30 PM              | 100m Dash              | Men    |                     |
| 1:05 PM               | 400m Hurdles           | Women  |                     |
| 1:40 PM               | 400m Hurdles           | Men    |                     |
| 2:05 PM               | 400m Dash              | Women  |                     |
| 2:35 PM               | 400m Dash              | Men    |                     |
| 3:10 PM               | 200m Dash              | Women  |                     |
| 3:40 PM               | 200m Dash              | Men    |                     |
|                       | <b>OFFICIALS BREAK</b> |        |                     |
| 5:10 PM               | 3k Steeplechase        | Women  |                     |
| 5:30 PM               | 3k Steeplechase        | Men    |                     |
| 5:55 PM               | 1500m                  | Women  | <i>Unseeded</i>     |
| 6:35 PM               | 1500m                  | Men    | <i>Unseeded</i>     |
| 7:05 PM               | 1500m                  | Women  | <i>Invitational</i> |
| 7:15 PM               | 1500m                  | Men    | <i>Invitational</i> |
| 7:25 PM               | 5,000m                 | Women  | <i>Invitational</i> |
| 8:10 PM               | 5,000m                 | Men    | <i>Invitational</i> |
| 8:45 PM               | 10,000m                | Women  | <i>Invitational</i> |
| 9:30 PM               | 10,000m                | Men    | <i>Invitational</i> |

| Friday Field Events |            |        |                     |                 |
|---------------------|------------|--------|---------------------|-----------------|
| Time                | Event      | Gender | Section             | Location        |
| 10:00 AM            | Hammer     | Women  |                     |                 |
| 11:00 AM            | Long Jump  | Men    | <i>Invitational</i> | <i>N Runway</i> |
|                     | Long Jump  | Women  | <i>Invitational</i> | <i>S Runway</i> |
| 12:30 PM            | High Jump  | Men    | <i>Invitational</i> |                 |
|                     | Hammer     | Women  | <i>Invitational</i> |                 |
| 1:00 PM             | Long Jump  | Men    |                     | <i>N Runway</i> |
|                     | Long Jump  | Women  |                     | <i>S Runway</i> |
|                     | Shot Put   | Men    | <i>Invitational</i> |                 |
| 2:00 PM             | Pole Vault | Women  | <i>Invitational</i> |                 |
|                     | Javelin    | Women  | <i>Invitational</i> |                 |
|                     | Shot Put   | Men    |                     |                 |
| 3:15 PM             | Javelin    | Women  |                     |                 |
| 4:45 PM             | Javelin    | Men    | <i>Invitational</i> |                 |
| 5:45 PM             | Javelin    | Men    |                     |                 |

*All horizontal jumps and throws will advance 9 athletes to final, Invitational AND non-invitational*

## COLONIAL RELAYS

April 4<sup>th</sup>- April 6<sup>th</sup>, 2024 | **UPDATED SCHEDULE OF EVENTS**



| Saturday Running Events |                                   |        |                     |
|-------------------------|-----------------------------------|--------|---------------------|
| Time                    | Event                             | Gender | Section             |
| 11:40 AM                | <b>NATIONAL ANTHEM</b>            |        |                     |
| 11:50 AM                | 100m Hurdles                      | Women  | <i>Invitational</i> |
| 12:05 PM                | 110m Hurdles                      | Men    | <i>Invitational</i> |
| 12:20 PM                | 4x100m Relay                      | Women  |                     |
| 12:30 PM                | 4x100m Relay                      | Men    |                     |
| 12:40 PM                | SMR (2-2-4-8)                     | Women  |                     |
| 12:55 PM                | SMR (2-2-4-8)                     | Men    |                     |
| 1:05 PM                 | 4x200m Relay                      | Women  |                     |
| 1:15 PM                 | 4x200m Relay                      | Men    |                     |
| 1:30 PM                 | <b>W&amp;M SENIOR RECOGNITION</b> |        |                     |
| 2:35 PM                 | 800m                              | Women  | <i>Invitational</i> |
| 2:45 PM                 | 800m                              | Men    | <i>Invitational</i> |
| 2:55 PM                 | DMR                               | Women  |                     |
| 3:10 PM                 | DMR                               | Men    |                     |
| 3:25 PM                 | 4x1500m Relay                     | Women  |                     |
| 3:50 PM                 | 4x1500m Relay                     | Men    |                     |
| 4:10 PM                 | 4x400m Relay                      | Women  |                     |
| 4:25 PM                 | 4x400m Relay                      | Men    |                     |

| Saturday Field Events |             |        |                     |                 |
|-----------------------|-------------|--------|---------------------|-----------------|
| Time                  | Event       | Gender | Section             | Location        |
| 10:00 AM              | Discus      | Men    |                     |                 |
|                       | Shot Put    | Women  |                     |                 |
| 11:00 AM              | Triple Jump | Men    | <i>Invitational</i> | <i>N Runway</i> |
|                       | Triple Jump | Women  | <i>Invitational</i> | <i>S Runway</i> |
|                       | High Jump   | Women  |                     |                 |
| 11:30 AM              | Discus      | Men    | <i>Invitational</i> |                 |
|                       | Shot Put    | Women  | <i>Invitational</i> |                 |
| 1:00 PM               | Triple Jump | Men    |                     | <i>N Runway</i> |
|                       | Triple Jump | Women  |                     | <i>S Runway</i> |
| 2:00 PM               | Discus      | Women  |                     |                 |
| 2:30 PM               | Pole Vault  | Men    | <i>Invitational</i> |                 |
|                       | High Jump   | Women  | <i>Invitational</i> |                 |
| 3:30 PM               | Discus      | Women  | <i>Invitational</i> |                 |

*All horizontal jumps and throws will advance 9 athletes to final, Invitational AND non-invitational*