

# Drake RELAYS

PRESENTED BY  XTREAM  
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## 2022 DRAKE RELAYS APRIL 27-30 DES MOINES, IA

### Sunday, April 24, 2022

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

### Tuesday, April 26, 2022

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

### Wednesday, April 27, 2022

11:30 a.m. Decathlon Men, Day 1  
12:30 p.m. Heptathlon Women, Day 1

### Thursday, April 28, 2022

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

### Distance Carnival

5:00 p.m. 800m (Unseeded) UD/CD, Women, Final  
5:08 p.m. 800m (Unseeded) UD/CD, Men, Final  
5:16 p.m. 1500m (Unseeded) UD/CD, Women, Final  
5:28 p.m. 1500m (Unseeded) UD/CD, Men, Final  
5:40 p.m. 240 Yard Shuttle ES, Youth, Final  
5:55 p.m. 3200m HS, Boys, Final  
6:07 p.m. 3000m HS, Girls, Final  
6:23 p.m. 3000m Steeple (Unseeded) Open, Women, Final  
6:35 p.m. 3000m Steeple (Seeded) Open, Women, Final  
6:47 p.m. 3000m Steeple (Unseeded) Open, Men, Final  
6:59 p.m. 3000m Steeple (Seeded) Open, Women, Final  
7:15 p.m. 5000m (Unseeded) Open, Women, Final  
7:37 p.m. 5000m (Seeded) Open, Women, Final  
7:57 p.m. 5000m (Unseeded) Open, Men, Final  
8:19 p.m. 5000m (Seeded) Open, Men, Final  
8:39 p.m. 10000m Open, Women, Final  
9:19 p.m. 10000m Open, Men, Final

### Field Events

4:00 p.m. Discus HS, Boys, Final  
4:30 p.m. High Jump HS, Girls, Final  
4:30 p.m. Shot Put HS, Girls, Final  
5:00 p.m. Long Jump HS, Boys, Final

### Friday, April 29, 2022

8:00 a.m. 100mH HS, Girls, Prelim  
8:15 a.m. 110mH HS, Boys, Prelim  
8:30 a.m. 100m HS, Girls, Prelim  
8:40 a.m. 100m HS, Boys, Prelim  
8:50 a.m. 4x800m CD, Women, Final  
9:02 a.m. 4x800m CD, Men, Final  
9:14 a.m. 4x100m CD, Women, Prelim  
9:30 a.m. 4x100m CD, Men, Prelim  
9:46 a.m. 800m Medley HS, Girls, Final  
10:00 a.m. 1600m Medley HS, Boys, Final  
10:20 a.m. 800m Masters, Men/Women, Final  
10:30 a.m. 100mH HS, Girls, Final  
10:35 a.m. 110mH HS, Boys, Final  
10:42 a.m. 4x1600m UD/CD, Women, Final  
11:05 a.m. **Officials Break**  
11:45 a.m. 4x1600m UD/CD, Men, Final  
12:07 p.m. 100mH UD/CD, Women, Prelim  
12:22 p.m. 110mH UD/CD, Men, Prelim  
12:37 p.m. 400m Wheelchair HS, Coed, Final  
12:42 p.m. **400m Wheelchair Paralympic, Men, Final**  
12:47 p.m. 4x200m HS, Girls, Final  
1:00 p.m. 4x200m HS, Boys, Final  
1:13 p.m. 4x100m Special Olympics, Coed, Final  
1:18 p.m. 4x100m UD, Women, Prelim  
1:28 p.m. 4x100m UD, Men, Prelim  
1:38 p.m. 800m HS, Girls, Final  
1:44 p.m. 800m HS, Boys, Final

1:50 p.m. 800m UD/CD, Women, Final  
1:56 p.m. 800m UD/CD, Men, Final  
2:05 p.m. 400mH UD/CD, Women, Final  
2:16 p.m. 400mH UD/CS, Men, Final  
2:31 p.m. 100m HS, Girls, Final  
2:36 p.m. 100m HS, Boys, Final  
2:41 p.m. 100m UD/CD, Women, Prelim  
2:51 p.m. 100m UD/CD, Men, Prelim  
3:01 p.m. 4x400m CD, Women, Prelim  
3:23 p.m. 4x400m CD, Men, Prelim  
3:45 p.m. **Session Ends- Clear the Stadium**

### Field Events

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

### Friday Night at the Drake Relays

5:00 p.m. 1600m Medley MS, Girls, Final  
5:07 p.m. 1600m Medley MS, Boys, Final  
5:14 p.m. 400m HS, Girls, Final  
5:20 p.m. 400m HS, Boys, Final  
5:26 p.m. 400m UD/CD, Women, Final  
5:38 p.m. 400m UD/CD, Men, Final  
5:52 p.m. 4x100m MS, Girls, Final  
6:10 p.m. 4x100m MS, Boys, Final  
6:28 p.m. Sprint Medley CD, Women, Final  
6:43 p.m. Sprint Medley CD, Men, Final  
6:58 p.m. 200m UD/CD, Women, Final  
7:07 p.m. 200m UD/CD, Men, Final  
7:16 p.m. **200m Special Invite, Women, Final**  
7:21 p.m. **4x800m UD, Women, Final**  
7:31 p.m. **4x800m UD, Men, Final**  
7:43 p.m. 1500m UD/CD, Women, Final  
7:49 p.m. 1500m UD/CD, Men, Final  
7:57 p.m. 100mH International Invite, Women, Final  
8:05 p.m. **100m Paralympic, Women, Final**  
8:10 p.m. **100m Paralympic, Men, Final**  
8:17 p.m. 4x200m UD/CD, Women, Final  
8:29 p.m. 4x200m UD/CD, Men, Final  
8:41 p.m. 4x400m HS, Girls, Prelim  
8:56 p.m. 4x400m HS, Boys, Prelim

### Field Events

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

### Saturday, April 30, 2022

8:00 a.m. Shuttle Hurdle HS, Girls, Prelim  
8:15 a.m. Shuttle Hurdle HS, Boys, Prelim  
8:30 a.m. Distance Medley Iowa CD, Men, Final  
8:45 a.m. Distance Medley Iowa CD/CD, Women, Final  
9:00 a.m. Distance Medley CD, Men, Final  
9:15 a.m. 4x100m HS, Girls, Prelim  
9:45 a.m. 4x100m HS, Boys, Prelim  
10:15 a.m. **4x800m HS, Girls, Final**

10:27 a.m. **4x800m HS, Boys, Final**  
10:40 a.m. **Officials Break**  
11:30 a.m. Shuttle Hurdle HS, Girls, Final  
11:35 a.m. Shuttle Hurdle HS, Boys, Final  
11:40 a.m. Shuttle Hurdle UD/CD, Women, Final  
11:55 a.m. Shuttle Hurdle UD/CD, Men, Final  
12:10 p.m. **Distance Medley UD, Women, Final**  
12:24 p.m. **Distance Medley UD, Men, Final**  
12:38 p.m. **Sprint Medley UD, Women, Final**  
12:50 p.m. **Sprint Medley UD, Men, Final**  
1:04 p.m. **400mH Invitational, Men, Final**  
1:09 p.m. **400mH Invitational, Women, Final**  
1:17 p.m. **800m WACT Invite, Women, Final**  
1:24 p.m. **100m UD/CD, Women, Final**  
1:30 p.m. **100m UD/CD, Men, Final**  
1:40 p.m. 100mH UD/CD, Women, Final  
1:45 p.m. **100mH Invitational, Women, Final**  
1:51 p.m. 110mH UD/CD, Men, Final  
1:56 p.m. **110mH Invitational, Men, Final**  
2:03 p.m. **1500m WACT Invite, Men, Final**  
2:13 p.m. **4x100m UD, Women, Final**  
2:18 p.m. **4x100m UD, Men, Final**  
2:23 p.m. **1500m WACT Invite, Women, Final**  
2:33 p.m. **800m WACT Invite, Men, Final**  
2:40 p.m. **Invitational 4x400m UD, Women, Final**  
2:47 p.m. **Invitational 4x400m UD, Men, Final**  
3:00 p.m. 4x400m UD, Women, Final  
3:15 p.m. 4x400m UD, Men, Final  
3:33 p.m. 400mH HS, Girls, Final  
3:39 p.m. 400mH HS, Boys, Final  
3:47 p.m. 4x100m CD, Women, Final  
3:52 p.m. 4x100m CD, Men, Final  
3:57 p.m. **4x100m HS, Girls, Final**  
4:02 p.m. **4x100m HS, Boys, Final**  
4:07 p.m. **200m Paralympic, Women, Final**  
4:12 p.m. **200m Paralympic, Men, Final**  
4:17 p.m. 1500m HS, Girls, Final  
4:23 p.m. 1600m HS, Boys, Final  
4:29 p.m. **800m Wheelchair Paralympic, Men, Final**  
4:36 p.m. 4x400m CD, Women, Final  
4:42 p.m. 4x400m CD, Men, Final  
4:48 p.m. **4x400m HS, Girls, Final**  
4:54 p.m. **4x400m HS, Boys, Final**  
5:00 p.m. 2022 Drake Relays End

### Field Events

10:00 a.m. **Hammer Special Invite, Women, Final**  
11:30 a.m. Discus UD/CD, Men, Final  
11:30 a.m. Hammer UD/CD, Women, Final  
12:05 p.m. **High Jump WACT Invite, Women, Final**  
12:30 p.m. **Long Jump WACT Invite, Women, Final**  
12:45 p.m. **Pole Vault WACT Invite, Men, Final**  
1:45 p.m. **Shot Put WACT Invite, Men, Final**  
2:30 p.m. Triple Jump UD/CD, Men, Final  
2:30 p.m. Hammer UD/CD, Men, Final  
3:00 p.m. Shot Put Masters, Men/Women, Final

### Relays Cup Events | Xtream Sprint Series

ES – Elementary School | MS – Middle School  
HS – High School | CD – College | UD – University  
Elite - Invitational | Masters - Age 40+