



# NATIONAL RELAY CHAMPIONSHIPS

FRIDAY - SATURDAY, APRIL 27-28

## TENTATIVE SCHEDULE OF EVENTS

### Friday Running Events

Time	Event	Gender	Section
2:40 PM	5,000 Meters	Women	
3:00 PM	100 Meter Hurdles	Women	
3:20 PM	110 Meter Hurdles	Men	
3:40 PM	400 Meters	Women	
4:00 PM	400 Meters	Men	
4:20 PM	100 Meters	Women	
4:40 PM	100 Meters	Men	
5:00 PM	3,000 Meter Steeplechase	Women	
5:15 PM	3,000 Meter Steeplechase	Men	
5:30 PM	800 Meters	Women	
5:40 PM	800 Meters	Men	
5:50 PM	400 Meter Hurdles	Women	
6:05 PM	400 Meter Hurdles	Men	
6:20 PM	1,500 Meters	Women	
6:35 PM	1,500 Meters	Men	
6:50 PM	200 Meters	Women	
7:10 PM	200 Meters	Men	
7:30 PM	4 x 1,500 Meters Relay	Women	
8:00 PM	4 x 1,500 Meters Relay	Men	
8:25 PM	Sprint Medley Relay	Women	
8:35 PM	Sprint Medley Relay	Men	

### Friday Field Events

Time	Event	Gender	Section
10:00 AM	Hammer Throw	Women	
1:00 PM	Javelin Throw	Men	
3:30 PM	Discus Throw	Men	
4:00 PM	Long Jump	Men	
4:00 PM	Long Jump	Women	
4:00 PM	High Jump	Men	
4:00 PM	High Jump	Women	
6:00 PM	Discus Throw	Women	
7:00 PM	Long Jump	Men	Invitational
7:00 PM	Long Jump	Women	Invitational
7:00 PM	High Jump	Men	Invitational
7:00 PM	High Jump	Women	Invitational

### SATURDAY - NATIONAL RELAY CHAMPIONSHIPS

Time	Event	Gender	Section
7:00 PM	4 x 100 Meter Relay	Women	
7:10 PM	4 x 100 Meter Relay	Men	
7:20 PM	4 x 800 Meter Relay	Women	
7:35 PM	4 x 800 Meter Relay	Men	
7:45 PM	4 x 200 Meter Relay	Women	
7:55 PM	4 x 200 Meter Relay	Men	
8:05 PM	Distance Medley Relay	Women	
8:20 PM	Distance Medley Relay	Men	
8:35 PM	4 x 400 Meter Relay	Women	
8:45 PM	4 x 400 Meter Relay	Men	

### Saturday Field Events

Time	Event	Gender	Section
10:00 AM	Hammer Throw	Men	
1:00 PM	Javelin Throw	Women	
3:30 PM	Shot Put	Men	
3:30 PM	Shot Put	Women	
2:00 PM	Pole Vault	Men	
2:00 PM	Pole Vault	Women	
2:00 PM	Triple Jump	Men	
2:00 PM	Triple Jump	Women	
5:00 PM	Pole Vault	Men	Invitational
5:00 PM	Pole Vault	Women	Invitational
5:00 PM	Triple Jump	Men	Invitational
5:00 PM	Triple Jump	Women	Invitational

**FIELD EVENT ENTRIES:** Due to the expected number of participants in the field events and our facility constraints in the long throws in particular, meet management asks for your discretion in selecting which athletes you decide to enter into the competition. The meet is intended to be an elite-level competition among only those athletes expected to be selected as NCAA Preliminary Round participants (east or west).

**RELAY EVENT ENTRIES:** Each participating institution must enter at least two relay events per gender. Due to the scored nature of the competition, each team is limited to a single relay per event per gender. No "B" teams or "unattached/club" teams will be accepted into the competition.