

2013 Colonial Relays

April 4-6, 2013

THURSDAY APRIL 4th

<i>At Stimson Throwing Events Area:</i>
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4:00 p.m.	Women's – Hammer Throw		
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FRIDAY, APRIL 5th

<i>At Zable Stadium:</i>	<i>At Stimson Throwing Events Area:</i>
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11:00 AM	Men's Long Jump - Center Pit	9:00 a.m.	Men's Hammer
11:00 AM	Women's Long Jump - Sadler Pit		
		12:00 p.m.	Men's Javelin
12:00 PM	Women's Pole Vault (2 Sections)		
1:00 PM	Men's High Jump (2 Sections)	12:00 p.m.	Men's Shot Put
		3:30 p.m.	Women's Javelin

Friday April 5th Zable Stadium

Time	Event
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
10:50 AM	Men – 3000m
11:15 AM	Women- 100m Dash – Trials
11:45 AM	Men- 100m Dash – Trials
12:10 PM	Women – 400m Dash
12:45 PM	Men – 400m Dash
1:15 PM	Women – 100m High Hurdles – Trials
1:45 PM	Men – 110m 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)
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)
3:10 PM	Women – 400m Hurdles – Final
3:40 PM	Men – 400m Hurdles – Final
4:10 PM	H.S – Girls Distance Medley Championships – 16 teams
4:25 PM	H.S. – Boys Distance Medley Championships – 16 teams
	Break
5:00 PM	Women – 3000m Steeplechase
5:30 PM	Men – 3000m Steeplechase
6:00PM	Women – 200m Dash
6:30 PM	Men – 200m Dash
7:00 PM	H.S. Girls Mile (1 section only)
	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 6TH

<u>At Zable Stadium:</u>		<u>At Stimson Throwing Events Area:</u>	
11:00 AM	Men's Triple Jump- Center Pit	9:00 a.m.	Women's Discus
11:00 AM	Women's Triple Jump - Sadler Pit		
		1:00 p.m.	Women's Shot Put
12:00 PM	Men's Pole Vault (2 Sections)		
1:00 PM	Women's High Jump (2 Sections)	1:00 p.m.	Men's Discus

Saturday April 6th Zable Stadium	
11:00 AM	H.S. Girls 3000m – 1 section
11:15 AM	H.S. Boys 3000m – 1 section
11:30 AM	Women – 100 Hurdles- Finals – Top 8 times from Trials
11:35 AM	Men – 110 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
2:00 PM	Harry Groves 1500m Starting Line Dedication
2:10 PM	Women – Sprint Medley (200,200,400,800)
2:30 PM	Men – Sprint Medley (200,200,400,800)
3:00 PM	Women – 100m Dash – Final – Top 8 times from Trials
3:05 PM	Men – 100m Dash – Final – Top 8 times from Trials
3:10 PM	Women – 4 x 200m Relay
3:30 PM	Men – 4 x 200m Relay
3:50 PM	Women – 4 x 1500m Relay
4:10 PM	Men – 4 x 1500m Relay
4:30 PM	Women – 4 x 400m Relay
4:55 PM	Men – 4 x 400m Relay
5:20 PM	H.S. Girls– 4 x 400m Relay
5:30 PM	H.S. Boys– 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**