



49th Jesuit - Sheaner Relays

March 23, 2013



FIELD EVENTS

8:00	5AAAAA Long Jump Triple Jump 4AAAA
8:30	5AAAAA High Jump 5AAAAA Shot Put Discus 4AAAA
9:30	Pole Vault 4AAAA & 5AAAAA (starting height 12'0") Session I will end at 13'6" Session II will resume at 11:00 am with the bar at 14'0" Vaulters entering at the beginning of session II will be given a 40 minute warm-up period.
10:30	Long Jump 4AAAA 5AAAAA Triple Jump
10:30	Shot Put 4AAAA High Jump 4AAAA 5AAAAA Discus

RUNNING EVENTS MORNING SESSION

9:15	Distance Medley Relay 1200m, 400m, 800m, 1600m	Timed Final
9:30	4 x 100 Meter Relay	Preliminary
<i>Rolling Schedule</i>	110 Meter High Hurdles	Preliminary
	100 Meter Dash	Preliminary
	400 Meter Dash	Preliminary
	300 Meter Intermediate Hurdles	Preliminary
	200 Meter Dash	Preliminary
	3,200 Meter Run	Timed Final

AFTERNOON SESSION

2:30	4 x 100 Meter Relay	Timed Final
2:40	800 Meter Run	Timed Final
3:00	110 Meter High Hurdles	Timed Final
3:15	100 Meter Dash	Timed Final
3:25	4x200 Meter Relay - <u>Slow/Fast Finals Only</u>	Timed Final
3:40	400 Meter Dash	Timed Final
3:55	300 Meter Hurdles	Timed Final
4:05	Elite Girls 1600 Meter Run – Invite only	Timed Final
4:15	200 Meter Dash	Timed Final
4:25	1,600 Meter Run	Timed Final
4:55	4 x 400 Meter Dash Relay - <u>Slow/Fast</u>	Timed Final



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