

2009 KANSAS RELAYS SCHEDULE

Decathlon / Heptathlon

Wednesday, April 15

10:00 AM	Decathlon 100 Meter Dash
10:30 AM	Heptathlon 100 Meter Hurdles
10:45 AM (approx.)	Decathlon Long Jump
11:15 AM (approx.)	Heptathlon High Jump
12:35 PM (approx.)	Decathlon Shot Put
1:45 PM (approx.)	Heptathlon Shot Put
2:25 PM (approx.)	Decathlon High Jump
3:15 PM (approx.)	Heptathlon 200 Meter Dash
4:30 PM (approx.)	Decathlon 400 Meter Dash

Thursday, April 16

8:30 AM	Decathlon 110 Meter Hurdles
9:00 AM	Heptathlon Long Jump
9:15 AM (approx.)	Decathlon Discus
10:40 AM (approx.)	Heptathlon Javelin
12:30 PM (approx.)	Heptathlon 800 Meters
11:15 PM (approx.)	Decathlon Pole Vault
3:00 PM (approx.)	Decathlon Javelin
4:20 PM (approx.)	Decathlon 1500 Meters

Thursday, April 16

Hammer Events

12:00 PM	Men's Hammer Throw
4:30 PM	Women's Hammer Throw

Running Events

5:00 PM	Women's Unseeded 800m Run
5:20 PM	Men's Unseeded 800m Run
6:40 PM	Women's Unseeded 1500m Run
6:00 PM	Men's Unseeded 1500m Run
6:20 PM	Men's Unseeded 3000m Steeple
6:35 PM	Women's 3000m Run (F)
6:50 PM	Women's 5000 Meter Run (F)
7:15 PM	Men's 5000 Meter Run (F)
7:35 PM	Women's 10,000 Meter Run (F)
8:20 PM	Men's 10,000 Meter Run (F)

Friday, April 17

Field Events

8:00 AM	Boy's Javelin
8:00 AM	Girl's Shot Put
9:30 AM	Girl's Pole Vault
10:00 AM	Boy's High Jump
11:00 AM	Girl's Triple Jump
11:00 AM	Girl's Javelin
11:30 AM	Women's Shot Put
12:00 PM	Women's Triple Jump
1:30 PM	Men's Pole Vault
1:30 PM	Women's High Jump
2:00 PM	Women's Javelin

Friday, April 17

Field Events Continued

3:00 PM	Men's Shot Put
	Men's Triple Jump
	Boy's Triple Jump
5:30 PM	Boy's Pole Vault
	Girl's High Jump
	Men's Javelin
6:30 PM	Boy's Shot Put

Running Events

OPENING CEREMONY AND NATIONAL ANTHEM

8:00 AM	Girl's 4 Mile Relay (F)
8:30 AM	Boy's 4 Mile Relay (F)
8:55 AM	Girl's 100m Hurdles (P)
9:05 AM	Women's 100m Hurdles (P)
9:25 AM	Boy's 110m Hurdles (P)
9:35 AM	Men's 110m Hurdles (P)
9:50 AM	Girl's 400m Dash (P)
10:05 AM	Boy's 400m Dash (P)
10:15 AM	Women's 200m (P)
10:35 AM	Men's 200m (P)
10:55 AM	Girl's 3200m Run (F)
11:10 AM	Boy's 3200m Run (F)
11:25 PM	Girl's 100m Dash (P)
11:40 PM	Boy's 100m Dash (P)
11:55 PM	Women's 100m Dash (P)
12:15 PM	Men's 100m Dash (P)
12:40 PM	Women's 400m Hurdles (P)
1:00 PM	Men's 400m Hurdles (P)
1:20 PM	Boy's 300m Hurdles (F)
1:40 PM	Girl's 300m Hurdles (F)
2:05 PM	Girl's Distance Medley Relay (F)
2:20 PM	Boy's Distance Medley Relay (F)
2:35 PM	Women's Distance Medley Relay (F)

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Friday, April 17

Running Events

2:50 PM	Men's Distance Medley Relay (F)
3:05 PM	Women's 400m Dash (P)
3:20 PM	Men's 400m Dash (P)
3:35 PM	Girl's 4 x 100m Relay (P)
3:55 PM	Boy's 4 x 100m Relay (P)
4:15 PM	Women's 4 x 100m Relay (P)
4:30 PM	Men's 4 x 100m Relay (P)
4:45 PM	Girl's 800m Run (F)
5:00 PM	Boy's 800m Run (F)
5:15 PM	Men's Steeplechase (F)
5:30 PM	Women's Steeplechase (F)
5:45 PM	Women's 4 Mile Relay (F)
6:10 PM	Men's 4 Mile Relay (F)
6:30 PM	Women's 4 x 400m Relay (P)
6:50 PM	Men's 4 x 400m Relay (P)
7:10 PM	Girl's 4 x 400m Relay (P)
7:40 PM	Boy's 4 x 400m Relay (P)

Saturday, April 18

Field Events

8:00 AM	Boy's Discus
10:00 AM	Men's Long Jump
10:30 AM	Women's Pole Vault
10:45 AM	Women's Discus
11:00 AM	Men's High Jump
11:00 AM	Girl's Long Jump
1:30 PM	Girl's Discus
1:30 PM	Women's Long Jump
2:00 PM	Women's Pole Vault Invitational
3:00 PM	Boy's Long Jump
4:00 PM	Men's Discus

Running Events

8:00 AM	Girl's Sprint Medley Relay (F)
8:20 AM	Boy's Sprint Medley Relay (F)
8:40 AM	Women's Sprint Medley Relay
8:55 AM	Men's Sprint Medley Relay (F)
9:15 AM	Girl's 4 x 200m Relay (F)
9:35 AM	Boy's 4 x 200m Relay (F)
9:50 AM	Women's 200m (F)
10:00 AM	Men's 200m (F)
10:05 AM	Girl's 2 Mile Relay (F)
10:30 AM	Boy's 2 Mile Relay (F)
10:55 AM	Women's 2 Mile Relay (F)
11:25 AM	Men's 2 Mile Relay (F)

Saturday, April 18

Running Events (cont.)

11:40 PM	Girl's 4 x 100m Sunflower Showdown
11:45 PM	Girl's 4 x 100m Relay (F)
11:50 PM	Boy's 4 x 100m Sunflower Showdown
11:55 PM	Boy's 4 x 100m Relay (F)

OPENING CEREMONY AND NATIONAL ANTHEM

12:25 PM	Women's 4 x 100m Relay (F)
12:30 PM	Men's 4x100m Relay (F)
12:35 PM	Women's 1500m Run (F)
12:45 PM	Men's 1500m Run (F)
12:55 PM	Glenn Cunningham Invitational Mile (I)
1:10 PM	Girl's 100m Hurdles (F)
1:15 PM	Women's 100m Hurdles (F)
1:25 PM	Women's 100m Hurdles (I)
1:35 PM	Boy's 110m Hurdles (F)
1:40 PM	Men's 110m Hurdles (F)
1:50 PM	Men's 110m Hurdles (I)
2:00 PM	Women's 800m Run (F)
2:10 PM	Men's 800m Run (F)
2:20 PM	Women's 800m Run (I)
2:30 PM	Girl's 100m Dash (F)
2:35 PM	Women's 100m Dash (F)
2:40 PM	Boy's 100m Dash (F)
2:45 PM	Men's 100m Dash (F)
2:55 PM	Girl's 400m Dash (F)
3:10 PM	Women's 400m Dash (F)
3:15 PM	Boy's 400m Dash (F)
3:20 PM	Men's 400m Dash (F)
3:30 PM	Women's 400m Hurdles (F)
3:40 PM	Men's 400m Hurdles (F)
3:45 PM	Men's 400m Hurdles (I)
3:55 PM	Women's 200m (I)
4:05 PM	Girl's 1600m Run (F)
4:20 PM	Boy's 1600m Run (F)
4:35 PM	Girl's 4 x 400m Sunflower Showdown
4:45 PM	Girl's 4 x 400m Relay (F)
4:55 PM	Boy's 4 x 400m Sunflower Showdown
5:05 PM	Boy's 4 x 400m Relay (F)
5:15 PM	Women's 4 x 400m Relay (F)
5:25 PM	Men's 4 x 400m Relay (F)