

# 2013 KANSAS RELAYS SCHEDULE

## Final Schedule

### Decathlon / Heptathlon

#### Wednesday, April 17

10:00 AM	Decathlon 100m Dash
10:30 AM	Heptathlon 100m 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 200m Dash
4:30 PM (approx.)	Decathlon 400m Dash

**6:00 PM DOWNTOWN ELITE MEN'S SHOT PUT  
(8<sup>th</sup> & Massachusetts)**

#### Thursday, April 18

##### Hammer Events

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

##### Running Events

5:00 PM	800m (Fastest 3 unseeded)	Women
5:15 PM	800m (Fastest 3 unseeded)	Men
5:30 PM	1500m (Fastest 2 unseeded)	Women
5:45 PM	1500m (Fastest 2 unseeded)	Men
6:00 PM	3000 Steeplechase unseeded	Men
6:15 PM	3000m	<b>Final</b> Women
6:30 PM	5000m	<b>Final</b> Women
7:15 PM	5000m	<b>Final</b> Men
7:40 PM	10,000m	<b>Final</b> Women
9:00 PM	10,000m	<b>Final</b> Men
10:05 PM	800m (Remaining unseeded)	Women
10:20 PM	800m (Remaining unseeded)	Men
10:55 PM	1,500m (Remaining unseeded)	Women
11:20 PM	1,500m (Remaining unseeded)	Men

**6:00 PM DOWNTOWN ELITE WOMEN'S LONG  
JUMP (8<sup>th</sup> & Massachusetts)**

#### Friday, April 19

##### Field Events

8:00 AM	Javelin	Boys
8:00 AM	Shot Put	Girls
9:30 AM	Pole Vault	Girls
10:00 AM	High Jump	Boys
11:00 AM	Triple Jump	Girls
11:00 AM	Javelin	Girls
11:30 AM	Shot Put	Women
12:00 PM	Triple Jump	Women
1:30 PM	Pole Vault	Men
1:30 PM	High Jump	Women
2:00 PM	Javelin	Women

#### Thursday, April 18

9:00 AM	Decathlon 110m Hurdles
9:00 AM	Heptathlon Long Jump
9:45 AM (approx.)	Decathlon Discus
10:40 AM (approx.)	Heptathlon Javelin
11:45 AM (approx.)	Decathlon Pole Vault
12:30 PM (approx.)	Heptathlon 800 m
3:30 PM (approx.)	Decathlon Javelin
4:50PM (approx.)	Decathlon 1500m

#### Friday, April 19

##### Field Events Continued

3:00 PM	Shot Put	Men
	Triple Jump	Men
	Triple Jump	Boys
5:30 PM	Pole Vault	Boys
	High Jump	Girls
	Javelin	Men
6:30 PM	Shot Put	Boys

##### Running Events

##### OPENING CEREMONY AND NATIONAL ANTHEM

8:00 AM	4 Mile Relay	<b>Final</b> Girls
8:30 AM	4 Mile Relay	<b>Final</b> Boys
8:55 AM	100m Hurdles	Prelims Girls
9:05 AM	100m Hurdles	Prelims Women
9:25 AM	110m Hurdles	Prelims Boys
9:35 AM	110m Hurdles	Prelims Men
9:50 AM	400m	Prelims Girls
10:05 AM	400m	Prelims Boys
10:15 AM	200m	Prelims Women
10:35 AM	200m	Prelims Men
10:55 AM	3200m	<b>Final</b> Girls
11:10 AM	3200m	<b>Final</b> Boys
11:25 PM	100m	Prelims Girls
11:40 PM	100m	Prelims Boys
11:55 PM	100m	Prelims Women
12:15 PM	100m	Prelims Men
12:40 PM	400m Hurdles	Prelims Women
1:00 PM	400m Hurdles	Prelims Men
1:20 PM	300m Hurdles	<b>Final</b> Boys
1:40 PM	300m Hurdles	<b>Final</b> Girls
2:05 PM	Distance Medley Relay	<b>Final</b> Girls
2:20 PM	Distance Medley Relay	<b>Final</b> Boys
2:35 PM	Distance Medley Relay	<b>Final</b> Women

## Friday, April 19

### Running Events

2:50 PM	Distance Medley Relay	<b>Final</b>	Men
3:05 PM	400m Dash	Prelims	Women
3:20 PM	400m Dash	Prelims	Men
3:35 PM	4 x 100m Relay	Prelims	Girls
3:55 PM	4 x 100m Relay	Prelims	Boys
4:15 PM	4 x 100m Relay	Prelims	Women
4:30 PM	4 x 100m Relay	Prelims	Men
4:45 PM	800m Run	<b>Final</b>	Girls
5:00 PM	800m Run	<b>Final</b>	Boys
5:15 PM	2000m Steeplechase	<b>Final</b>	Boys
5:25 PM	3000m Steeplechase	<b>Final</b>	Men
5:35 PM	2000m Steeplechase	<b>Final</b>	Girls
5:45 PM	3000m Steeplechase	<b>Final</b>	Women
6:00 PM	4 Mile Relay	<b>Final</b>	Women
6:25 PM	4 Mile Relay	<b>Final</b>	Men
6:45 PM	4 x 400m Relay	Prelims	Women
7:05 PM	4 x 400m Relay	Prelims	Men
7:25 PM	4 x 400m Relay	Prelims	Girls
7:55 PM	4 x 400m Relay	Prelims	Boys

## Saturday, April 20

### Field Events

8:00 AM	Discus		Boys
10:00 AM	Long Jump		Men
10:30 AM	Pole Vault		Women
10:45 AM	Discus		Women
11:00 AM	High Jump		Men
11:00 AM	Long Jump		Girls
1:30 PM	Discus		Men
1:30 PM	Long Jump		Women
<b>2:00 PM</b>	<b>Invitational Women's Pole Vault</b>		
3:00 PM	Long Jump		Boys
4:00 PM	Discus		Girls

### Running Events

8:00 AM	Sprint Medley Relay	<b>Final</b>	Girls
8:20 AM	Sprint Medley Relay	<b>Final</b>	Boys
8:40 AM	Sprint Medley Relay	<b>Final</b>	Women
8:55 AM	Sprint Medley Relay	<b>Final</b>	Men
9:15 AM	4 x 200m Relay	<b>Final</b>	Girls
9:35 AM	4 x 200m Relay	<b>Final</b>	Boys
9:50 AM	200m	<b>Final</b>	Women
10:00 AM	200m	<b>Final</b>	Men
10:05 AM	2 Mile Relay	<b>Final</b>	Girls
10:30 AM	2 Mile Relay	<b>Final</b>	Boys
10:55 AM	2 Mile Relay	<b>Final</b>	Women
11:25 AM	2 Mile Relay	<b>Final</b>	Men

## Saturday, April 20

### Running Events (cont.)

11:40 AM	4 x 100m Sunflower Showdown		Girls
11:45 AM	4 x 100m Relay	<b>Final</b>	Girls
11:50 AM	4 x 100m Sunflower Showdown		Boys
11:55 AM	4 x 100m Relay	<b>Final</b>	Boys

### OPENING CEREMONY AND NATIONAL ANTHEM

12:25 PM	4 x 100m Relay	<b>Final</b>	Women
12:30 PM	4 x 100m Relay	<b>Final</b>	Men
12:35 PM	1500m	<b>Final</b>	Women
12:45 PM	1500m	<b>Final</b>	Men
12:55 PM	100m Hurdles	<b>Final</b>	Girls
1:05 PM	100m Hurdles	<b>Final</b>	Women
<b>1:15 PM</b>	<b>100m Hurdles Invitational</b>		<b>Women</b>
1:20 PM	110m Hurdles	<b>Final</b>	Boys
1:25 PM	110m Hurdles	<b>Final</b>	Men
<b>1:35 PM</b>	<b>110m Hurdles Invitational</b>		<b>Men</b>
1:40 PM	800m	<b>Final</b>	Women
1:45 PM	800m	<b>Final</b>	Men
1:50 PM	100m	<b>Final</b>	Girls
1:55 PM	100m	<b>Final</b>	Women
2:00 PM	100m	<b>Final</b>	Boys
2:05 PM	100m	<b>Final</b>	Men
<b>2:15 PM</b>	<b>100m Para Olympic</b>		<b>Men</b>
<b>2:25 PM</b>	<b>100m Invitational</b>		<b>Men</b>
2:30 PM	400m	<b>Final</b>	Girls
2:35 PM	400m	<b>Final</b>	Women
<b>2:45 PM</b>	<b>400m Invitational</b>		<b>Women</b>
2:50 PM	400m	<b>Final</b>	Boys
2:55 PM	400m	<b>Final</b>	Men
<b>3:05 PM</b>	<b>400m Invitational</b>		<b>Men</b>
3:10 PM	400m Hurdles	<b>Final</b>	Women
<b>3:20 PM</b>	<b>400m Hurdles Invitational</b>		<b>Women</b>
3:30 PM	400m Hurdles	<b>Final</b>	Men
<b>3:40 PM</b>	<b>400m Hurdles Invitational</b>		<b>Men</b>
3:45 PM	1600m	<b>Final</b>	Girls
4:05 PM	1600m	<b>Final</b>	Boys
<b>4:25 PM</b>	<b>Glen Cunningham Mile</b>		<b>Men</b>
<b>4:35 PM</b>	<b>200m Invitational</b>		<b>Women</b>
4:40 PM	4 x 400m Sunflower Showdown		Girls
4:45 PM	4 x 400m Relay	<b>Final</b>	Girls
4:50 PM	4 x 400m Sunflower Showdown		Boys
4:55 PM	4 x 400m Relay	<b>Final</b>	Boys
5:00 PM	4 x 400m Relay	<b>Final</b>	Women
5:05 PM	4 x 400m Relay	<b>Final</b>	Men

\* All Bold lettered events are Olympic/World Championship level athletes.