

2007 KANSAS RELAYS SCHEDULE

Heptathlon & Decathlon

Wednesday, April 18

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 19

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 19

Hammer Events

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

Distance Carnival

5:00 PM	Women's Unseeded 800m Run
5:15 PM	Men's Unseeded 800m Run
5:35 PM	Women's Unseeded 1500m Run
5:45 PM	Men's Unseeded 1500m Run
5:55 PM	Men's Unseeded 3000m Steeple
6:10 PM	Women's 3000m Run (F)
6:20 PM	Masters Mile (S)
6:30 PM	Women's Open 5K (S)
7:00 PM	Men's Open 5K (S)
7:30 PM	Women's 5000 Meter Run (F)
7:55 PM	Men's 5000 Meter Run (F)
8:35 PM	"Women's 10,000 Meter Run (F)
9:20 PM	"Men's 10,000 Meter Run (F)

Friday April 20

Field Events

OPENING CEREMONY AND NATIONAL ANTHEM

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

Friday, cont.

2:00 PM	Women's Javelin
3:00 PM	Men's Shot Put
4:00 PM	Men's Triple Jump
4:00 PM	Boy's Triple Jump
5:30 PM	Boy's Pole Vault
5:00 PM	Girl's High Jump
5:00 PM	Men's Javelin
6:30 PM	Boy's Shot Put

Running Events

9:00 AM	Girl's 4 Mile Relay (F)
9:30 AM	Boy's 4 Mile Relay (F)
9:55 AM	Girl's Shuttle Hurdle Relay (F)
10:05 AM	Women's Shuttle Hurdle Relay (F)
10:10 AM	Boy's Shuttle Hurdle Relay (F)
10:20 AM	Men's Shuttle Hurdle Relay (F)
10:30 AM	Girl's 400m Dash (P)
10:45 AM	Boy's 400m Dash (P)
11:05 AM	Women's 4 x 200m Relay (F)
11:15 AM	Men's 4 x 200m Relay (F)
11:30 AM	Girl's 3200m Run (F)
11:45 AM	Boy's 3200m Run (F)
12:00 PM	KR for kids 4th Grade Relay (S)
12:15 PM	Girl's 100m Dash (P)
12:30 PM	Boy's 100m Dash (P)
12:45 PM	Women's 100m Dash (P)
1:05 PM	Men's 100m Dash (P)
1:30 PM	KR for kids 4th Grade Relay (S)
1:35 PM	Women's 400m Hurdles (P)
1:50 PM	Men's 400m Hurdles (P)
2:10 PM	Boy's 300m Hurdles (F)
2:30 PM	Girl's 300m Hurdles (F)
2:55 PM	Girl's Distance Medley Relay (F)
3:10 PM	Boy's Distance Medley Relay (F)
3:25 PM	Women's Distance Medley Relay (F)
3:40 PM	Men's Distance Medley Relay (F)

Tentative Schedule as of 3/29/07

2007 KANSAS RELAYS SCHEDULE

Friday, cont.

3:55 PM	Women's 400m Dash (P)
4:10 PM	Men's 400m Dash (P)
4:30 PM	Girl's 4 x 100m Relay (P)
5:00 PM	Boy's 4 x 100m Relay (P)
5:30 PM	Women's 4 x 100m Relay (P)
5:50 PM	Men's 4 x 100m Relay (P)
6:10 PM	KU Athletics Staff 4 x 100m Relay (S)
6:15 PM	Girl's 800m Run (F)
6:25 PM	Boy's 800m Run (F)
6:35 PM	Men's Steeplechase (F)
6:50 PM	Women's Steeplechase (F)
7:05 PM	Girl's 4 x 400m Relay (P)
7:30 PM	Boy's 4 x 400m Relay (P)
7:55 PM	Women's 4 x 400m Relay (P)
8:15 PM	Men's 4 x 400m Relay (P)
8:35 PM	Women's 4 Mile Relay (F)
9:00 PM	Men's 4 Mile Relay (F)

11:45 AM
12:05 PM
12:30 PM
12:50 PM
1:00 PM
1:15 PM
1:25 PM
1:55 PM
2:00 PM
2:05 PM
2:10 PM
2:15 PM
2:20 PM
2:25 PM
2:30 PM
2:35 PM
2:45 PM
2:50 PM
2:55 PM
3:00 PM
3:05 PM
3:10 PM
3:15 PM
3:20 PM
3:25 PM
3:30 PM
3:35 PM
3:40 PM
3:45 PM
3:50 PM
3:55 PM
4:00 PM
4:05 PM
4:10 PM
4:15 PM
4:20 PM
4:25 PM
4:30 PM
4:40 PM
4:45 PM
4:50 PM
5:00 PM
5:05 PM
5:10 PM
5:25 PM
5:30 PM
5:35 PM
5:40 PM
5:45 PM
5:50 PM
5:55 PM

Boy's 4 x 200m Relay (F)
Girl's 2 Mile Relay (F)
Boy's 2 Mile Relay (F)
Women's 2 Mile Relay (F)
Men's 2 Mile Relay (F)
Masters 800m Run (S)
Youth 50m Dash (S)
Girl's 4 x 100m Sunflower Showdown
Girl's 4 x 100m Relay (F)
Boy's 4 x 100m Sunflower Showdown
Boy's 4 x 100m Relay (F)
Women's 4 x 100m Relay (F)
Men's 4x100m Relay (F)
Goldzone Event
Women's 1500m Run (F)
Men's 1500m Run (F)
Girl's 100m Hurdles (F)
Women's 100m Hurdles (F)
Goldzone Event
Boy's 110m Hurdles (F)
Men's 110m Hurdles (F)
Goldzone Event
Women's 800m Run (F)
Men's 800m Run (F)
Goldzone Event
Goldzone Event
Goldzone Event
Girl's 100m Dash (F)
Women's 100m Dash (F)
Goldzone Event
Boy's 100m Dash (F)
Men's 100m Dash (F)
Goldzone Event
Girl's 400m Dash (F)
Women's 400m Dash (F)
Goldzone Event
Boy's 400m Dash (F)
Men's 400m Dash (F)
Goldzone Event
Women's 400m Hurdles (F)
Men's 400m Hurdles (F)
Goldzone Event
Girl's 1600m Run (F)
Boy's 1600m Run (F)
Girl's 4 x 400m Sunflower Showdown
Girl's 4 x 400m Relay (F)
Boy's 4 x 400m Sunflower Showdown
Boy's 4 x 400m Relay (F)
Women's 4 x 400m Relay (F)
Men's 4 x 400m Relay (F)

Saturday, April 21

Field Events

OPENING CEREMONY AND NATIONAL ANTHEM

8:00 AM	Girl's Discus
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
11:00 AM	Men's Long Jump
1:30 PM	Boy's Discus
3:00 PM	Boy's Long Jump
3:00 PM	Women's Long Jump
2:00 PM	Goldzone Event
3:00 PM	Goldzone Event
3:30 PM	Goldzone Event
4:00 PM	Men's Discus

Running Events

9:00 AM	Boy's 110m Hurdles (P)
9:15 AM	Men's 110m Hurdles (P)
9:35 AM	Girl's 100m Hurdles (P)
9:50 AM	Women's 100m Hurdles (P)
10:10 AM	Girl's Sprint Medley Relay (F)
10:30 AM	Boy's Sprint Medley Relay (F)
10:50 AM	Women's Sprint Medley Relay (F)
11:05 AM	Men's Sprint Medley Relay (F)
11:25 AM	Masters 4 x 100m Relay (S)
11:30 AM	Grade School 4 x 100m Relay (S)
11:30 AM	Girl's 4 x 200m Relay (F)

Tentative Schedule as of 3/29/07