

# 2015 Colonial Relays

## April 2-4, 2015

### Thursday April 2<sup>nd</sup>, 2015

<b><u>At Stimson Throwing Events Area:</u></b>	
3:30 PM	Women's – Hammer Throw Championship (University to Follow)

### Friday April 3<sup>rd</sup>, 2015

<b><u>At Zable Stadium:</u></b>		<b><u>At Stimson Throwing Events Area:</u></b>	
11:00 AM	M. LJ Champ. - Center Pit W. LJ Champ. - Sadler Pit	9:00 AM	Men's Hammer University
1:00 PM	M. LJ University. - Center Pit W. LJ University. - Sadler Pit	11:00 AM	Men's Hammer Championship
3:30 PM	H.S. Girls Long Jump Sadler Pit	1:00 PM	Women's Javelin Championship
3:30 PM	H.S. Boys Long Jump Center Pit	2:15 PM	Women's Javelin University
11:00 AM	H.S. Girl's Pole Vault	1:00 PM	Men's Shot Put Championships
2:00 PM	Women's Pole Vault (2 Sections)	2:30 PM	Men's Shot Put University
12:00 PM	Men's High Jump (2 Sections)	4:30 PM	Men's Javelin Championship
4:00 PM	H.S. Boy's High Jump	5:30 PM	Men's Javelin University

### Friday April 3<sup>rd</sup>, 2015

<b><u>At Zable Stadium</u></b>	
8:00 AM	Women University 3k
8:15 AM	Men University 3k
8:30 AM	Women Championship 3k
8:45 AM	Men Championship 3k
9:00 AM	Women-100m Dash-Trials
9:35 AM	Men- 100m Dash – Trials
10:05 AM	H.S. Girls 100m Dash Final
10:10 AM	H.S. Boys 100m Dash – Final
10:15 AM	Women – 400m Dash
10:55 AM	Men – 400m Dash
11:30 AM	H.S. Girls – 400m Dash
11:35 AM	H.S. Boys - 400m Dash
11:45 PM	Men – 110m High Hurdles – Trials
12:20 PM	H.S. Boys 110 Hurdles - Finals
12:30 PM	Women – 100m High Hurdles – Trials
1:10 PM	H.S. Girls 100 Hurdles - Finals
1:15 PM	Women – 800m Run Seeded
1:35 PM	Women – 800m Run Unseeded
1:50 PM	H.S. Girls 800
1:55 PM	Men – 800m Run Seeded Section
2:15 PM	Men – 800m Run Unseeded
2:30 PM	H.S. Boys 800
2:40 PM	Women – 400m Hurdles – Final
3:15 PM	Men – 400m Hurdles – Final
3:45 PM	H.S – Girls Distance Medley Championships
4:00 PM	H.S. – Boys Distance Medley Championships

**April 3<sup>rd</sup>, 2015**  
**Evening Session**

<b><u>At Zable Stadium</u></b>	
4:15 PM	Men – 3000m Steeplechase
4:40 PM	Women – 3000m Steeplechase
5:05 PM	Women – 200m Dash
5:45 PM	H.S. Girls-200m Dash
5:50 PM	Men – 200m Dash
6:25 PM	H.S. Boys -200m Dash
6:30 PM	H.S. Girls Mile
6:38 PM	H.S. Boys Mile
6:50 PM	Women – 1500m Run- Seeded
7:15 PM	Men – 1500m Run – Seeded
7:40 PM	Women – 5000m Run
8:20 PM	Men – 5000m Run
9:00 PM	Women – 10,000m Run
9:40 PM	Men – 10,000m Run
10:15 PM	Women – 5000m Run - Unseeded
10:35 PM	Men – 5000m Run - Unseeded
10:55 PM	Women – 1500m Run - Unseeded
11:05 PM	Men – 1500m Run - Unseeded

**\* Please make sure that all athletes check-in at least one (1) hour prior to event or they will be scratched!**

## SATURDAY, APRIL 4<sup>TH</sup>

<u><b>At Zable Stadium:</b></u>		<u><b>At Stimson Throwing Events Area:</b></u>	
11:00 AM	M. TJ Champ. - Center Pit W. TJ Champ. - Sadler Pit	10:00 AM	H.S. Girls Shot
1:00 PM	M. TJ University. - Center Pit W. TJ University. - Sadler Pit	11:00 AM	H.S. Boys Shot
3:00 PM	H.S. Boy's TJ – Center Pit H.S. Girl's TJ – Sadler Pit	12:00 PM	Women's Shot Put Championship
10:00 AM	H.S. Boy's Pole Vault	2:00 PM	Women's Shot Put University
12:00 PM	Men's Pole Vault (2 sections)	10:00 AM	Men's Discus Championship
12:00 PM	Women's High Jump Championship	11:30 AM	Men's Discus University
12:00 PM	Women's High Jump University	2:00 PM	Women's Discus Championship
3:00 PM	H.S. Girl's High Jump	3:30 PM	Women's Discus University
3:00 PM	H.S. Girl's High Jump		

	<b>Stadium</b>
10:00 AM	H.S. Girls 400m Hurdles (1 section)
10:10 AM	H.S. Boys 400m Hurdles (2 section)
10:25 AM	H.S. Girls -- 4 x 100m Relay (1 Section)
10:30 AM	H.S. Boys – 4 x 100m Relay (2 Sections)
10:40 AM	H.S. Girls 3000m – 1 section
10:55 AM	H.S. Boys 3000m – 1 section
11:10 AM	Men – 110 Hurdles - Finals – Top 8 Times from Trials
11:15 AM	Women – 100 Hurdles- Finals – Top 8 times from Trials
11:20 AM	Women – 4 x 800m Relay (2 Sections)
11:40 AM	Men – 4 x 800m Relay (2 Sections)
12:00 PM	Women – 4 x 100m Relay (5 sections)
12:20 PM	Men – 4 x 100m Relay (4 sections)
12:35 PM	Women – DMR (1 sections)
12:50 PM	Men – DMR (1 section)
1:00 PM	Break
1:10 PM	H.S. Girls 4 x 800m – Championships (1 section)
1:25 PM	H.S. Boys 4 x 800m - Championships (1 section)
1:35 PM	Women – Sprint Medley (200,200,400,800)- 4 sections
1:55 PM	Men – Sprint Medley (200,200,400,800)- 3 sections
2:10 PM	H.S. Girls– 4 x 400m Relay- 1 section
2:20 PM	H.S. Boys– 4 x 400m Relay- 2 sections
2:35 PM	Women – 100m Dash – Final – Top 8 times from Trials
2:40 PM	Men – 100m Dash – Final – Top 8 times from Trials
2:45 PM	Women – 4 x 200m Relay-4 sections
3:05 PM	Men – 4 x 200m Relay- 3 sections
3:20 PM	Women – 4 x 1500m Relay
3:45 PM	Men – 4 x 1500m Relay
4:05 PM	Women – 4 x 400m Relay- 5 sections
4:30 PM	Men – 4 x 400m Relay- 5 sections

**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 or they will be scratched!**