

# SIOUX CITY RELAYS

Saturday April 13, 2019

Events & Time Schedule for the 2019 Sioux City Relays  
 (If we are running ahead of schedule...we will stay ahead of schedule)

## Saturday Field Events

			1:05 PM	Men's 110 Meter Hurdles	Finals
11:00 AM	Women's Long Jump	Finals	1:10 PM	Girls 100 Meter Dash	Finals
11:00 AM	Men's High Jump	Finals	1:16 PM	Women's 100 Meter Dash	Finals
12:00 PM	Women's Pole Vault (at USD, Indoors)	Finals	1:23 PM	Boys 100 Meter Dash	Finals
12:00 PM	Girls' Discus Throw (at South Sioux City)	Finals	1:30 PM	Men's 100 Meter Dash	Finals
12:00 PM	Boy's Shot Put (at South Sioux City)	Finals	1:35 PM	Mixed 100 Meter Wheelchair	Finals
12:00 PM	Women's Hammer Throw (at USD)	Finals			
12:00 PM	Boy's Long Jump	Finals	1:40 PM	Hall of Fame	
1:00 PM	Women's High Jump	Finals			
1:00 PM	Bill Saunders Men's Long Jump	Finals	2:00 PM	Girl's 4x800 Meter Relay	Finals
1:30 PM	Men's Hammer Throw (at USD)	Finals	2:15 PM	Dan McLarnan Boy's 4x800 M Relay	Finals
2:00 PM	Men's Pole Vault (at USD, Indoors)	Finals	2:30 PM	Women's 400 Meter Dash	Finals
2:30 PM	Girls Long Jump	Finals	2:42 PM	Men's 400 Meter Dash	Finals
3:00 PM	Men's Shot Put (USD)	Finals	2:55 PM	Girl's 4x200 Meter Relay	Finals
3:00 PM	Men's Javelin Throw (Bass Field)	Finals	3:05 PM	Boy's 4x200 Meter Relay	Finals
3:00 PM	LeRoy Simpson Women's Triple Jump	Finals	3:15 PM	Boy's 1600 Meter Run	Finals
3:00 PM	Women's Discus Throw (at USD)	Finals	3:22 PM	Girl's 1500 Meter Run	Finals
3:00 PM	Boy's High Jump	Finals	3:30 PM	Women's 1500 Meter Run	Finals
3:00 PM	Boys Discus Throw (at South Sioux City)	Finals	3:50 PM	Men's 1500 Meter Run	Finals
3:00 PM	Girl's Shot Put (at South Sioux City)	Finals	4:10 PM	Women's 200 Meter Dash	Finals
4:30 PM	Men's Discus Throw (at USD)	Finals	4:18 PM	Men's 200 Meter Dash	Finals
4:30 PM	Women's Shot Put (at USD)	Finals	4:25 PM	Girl's 400 Meter Hurdles	Finals
5:00 PM	Girl's High Jump	Finals	4:33 PM	Boy's 400 Meter Hurdles	Finals
5:00 PM	Women's Javelin Throw (Bass Field)	Finals	4:42 PM	Women's 400 Meter Hurdles	Finals
5:00 PM	LeRoy Simpson Men's Triple Jump	Finals	4:53 PM	Men's 400 Meter Hurdles	Finals

## Saturday Running Events

			5:10 PM	Girl's 800 Sprint Medley Relay	Finals
10:00 AM	Men's 3000m Steeplechase	Finals	5:17 PM	Boy's 1600m Sprint Medley	Finals
10:15 AM	Women's 5,000 Meter Run	Finals	5:30 PM	Girl's 4x100 Meter Relay	Finals
10:40 AM	Men's 5000 Meter Run	Finals	5:38 PM	Women's 4x100 Meter Relay	Finals
11:00 AM	Girl's 3000 Meter Run	Finals	5:46 PM	Boy's 4x100 Meter Relay	Finals
11:20 AM	Boy's 3200 Meter Run	Finals	5:53 PM	Men's 4x100 Meter Relay	Finals
11:35 AM	Women's 3000m Steeplechase	Finals	6:00 PM	Girl's 800 Meter Run	Finals
11:55 AM	Women's 800 Meter Run	Finals	6:05 PM	Boy's 800 Meter Run	Finals
12:15 PM	Men's 800 Meter Run	Finals	6:10 PM	Girl's 4x400 Meter Relay	Finals
12:35 PM	Girl's 100 Meter Hurdles	Finals	6:21 PM	Women's 4x400 Meter Relay	Finals
12:43 PM	Women's 100 Meter Hurdles	Finals	6:32 PM	Boy's 4x400 Meter Relay	Finals
12:50 PM	Boys 110 Meter Hurdles	Finals	6:43 PM	Men's 4x400 Meter Relay	Finals

