

# SIOUX CITY RELAYS

Thursday, April 12, 2018

Events & Tentative Time Schedule for the 2018 Sioux City Relays  
(If we are running ahead of schedule...we will stay ahead of schedule)

## Thursday Field Events

12:00 PM	Men's Hammer Throw	Finals
2:15 PM	Women's Hammer Throw	Finals
4:30 PM	Men's Shot Put	Finals
4:30 PM	Women's High Jump	Finals
4:30 PM	LeRoy Simpson Men's Triple Jump	Finals
4:30 PM	Women's Discus Throw	Finals
6:00 PM	Men's High Jump	Finals
6:00 PM	LeRoy Simpson Women's Triple Jump	Finals

## Thursday Running Events

3:00 PM	Men's 5000 Meter Run	Finals
3:30 PM	Women's 5000 Meter Run	Finals
4:00 PM	Women's 100m Hurdles	Prelims
4:15 PM	Men's 110m High Hurdles	Prelims
4:30 PM	Women's 100 Meter Dash	Prelims
4:45 PM	Men's 100 Meter Dash	Prelims
5:00 PM	8th Grade Girls 4X200 Meter Relay	Finals
5:06 PM	8th Grade Boys 4X200 Meter Relay	Finals
5:12 PM	7th Grade Girls 4x200 Meter Relay	Finals
5:18 PM	7th Grade Boys 4x200 Meter Relay	Finals
5:30 PM	Women's 800 Meter Run	Finals
5:50 PM	Men's 800 Meter Run	Finals
6:10 PM	7th Grade Girls 800 Meter Run	Finals
6:15 PM	7th Grade Boys 800 Meter Run	Finals
6:20 PM	8th Grade Girls 800 Meter Run	Finals
6:25 PM	8th Grade Boys 800 Meter Run	Finals

6:30 PM	Women 200 Meter Dash	Finals
6:45 PM	Men 200 Meter Dash	Finals
7:05 PM	Women's 400 Meter Hurdles	Finals
7:15 PM	Men's 400 Meter Hurdles	Finals

## Rich Vanderloo Middle School 4x100 Relays:

7:30 PM	7th Grade Girls 4x100 Meter Relay	Finals
7:35 PM	7th Grade Boys 4x100 Meter Relay	Finals
7:40 PM	8th Grade Girls 4x100 Meter Relay	Finals
7:45 PM	8th Grade Boys 4x100 Meter Relay	Finals

8:00 PM	Women's 400 Meter Dash	Finals
8:10 PM	Men's 400 Meter Dash	Finals
8:20 PM	8th Grade Girls 4X400 Meter Relay	Finals
8:25 PM	8th Grade Boys 4X400 Meter Relay	Finals



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**712.274.8838**

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## Friday Field Events

10:00 AM	Men's Discus Throw	Finals
10:00 AM	Women's Shot Put	Finals
10:00 AM	Women's Long Jump	Finals
12:00 PM	Women's Pole Vault	Finals
12:30 PM	Men's Long Jump	Finals
1:30 PM	Women's Javelin Throw	Finals
2:30 PM	Men's Pole Vault	Finals
2:30 PM	Boy's Long Jump	Finals
2:30 PM	Girl's High Jump	Finals
2:30 PM	Boy's Shot Put	Finals
2:30 PM	Girls' Discus Throw	Finals
3:00 PM	Men's Javelin Throw	Finals
4:30 PM	Boy's High Jump	Finals
4:30 PM	Girls Long Jump	Finals
4:30 PM	Boys Discus Throw	Finals
4:30 PM	Girl's Shot Put	Finals

## Friday Morning Running Events

11:00 AM	Women's/Men's 10,000 Run	Finals
12:00 PM	Men's 3000m Steeplechase	Finals
12:20 PM	Men's 110 Meter High Hurdles	Finals
12:25 PM	Women's 100 Meter Hurdles	Finals
12:30 PM	Women's 100 Meter Dash	Finals
12:35 PM	Men's 100 Meter Dash	Finals
12:40 PM	Women's 3000m Steeplechase	Finals
1:00 PM	Women's 1500 Meter Run	Finals
1:25 PM	Men's 1500 Meter Run	Finals
1:50 PM	Women's 4x100 Meter Relay	Finals
1:55 PM	Men's 4x100 Meter Relay	Finals
2:00 PM	Girl's 3000 Meter Run	Finals
2:15 PM	Boy's 3200 Meter Run	Finals
2:30 PM	Girl's 100 Meter Hurdles Class C	Elite Prelims
2:35 PM	Girl's 100 Meter Hurdles Class B	Elite Prelims
2:40 PM	Girl's 100 Meter Hurdles Class A	Elite Prelims
2:45 PM	Boy's 110 Meter High Hurdles Class C	Elite Prelims
2:50 PM	Boy's 110 Meter High Hurdles Class B	Elite Prelims
2:55 PM	Boy's 110 Meter High Hurdles Class A	Elite Prelims
3:00 PM	Girl's 100 Meter Dash Class C	Elite Prelims
3:05 PM	Girl's 100 Meter Dash Class B	Elite Prelims
3:10 PM	Girl's 100 Meter Dash Class A	Elite Prelims
3:15 PM	Boy's 100 Meter Dash Class C	Elite Prelims
3:20 PM	Boy's 100 Meter Dash Class B	Elite Prelims
3:25 PM	Boy's 100 Meter Dash Class A	Elite Prelims
3:30 PM	Women's 4x400 Meter Relay	Finals
3:35 PM	Men's 4x400 Meter Relay	Finals
3:45 PM	Girl's 4x800 Meter Relay	Finals
4:00 PM	Dan McLarnan Boy's 4x800 Meter Relay	Finals
4:15 PM	Elite Boys 110 Meter High Hurdles	Finals
4:20 PM	Elite Girls 100 Meter Hurdles	Finals
4:30 PM	Girls 100 Meter Dash Wheelchair	Finals
4:35 PM	Dwight Hauff Elite Girls 100 Meter Dash	Finals
4:40 PM	Dwight Hauff Elite Boys 100 Meter Dash	Finals
4:45 PM	Chuck Mounts Girls Shuttle Hurdle Relay	Finals
4:50 PM	Boys Shuttle Hurdle Relay	Finals

4:55 PM Hall of Fame

## Friday Afternoon Running Events

5:10 PM	Girl's 4x200 Meter Relay Class C	Finals
5:15 PM	Girl's 4x200 Meter Relay Class B	Finals
5:20 PM	Girl's 4x200 Meter Relay Class A	Finals
5:25 PM	Boy's 4x200 Meter Relay Class C	Finals
5:30 PM	Boy's 4x200 Meter Relay Class B	Finals
5:35 PM	Boy's 4x200 Meter Relay Class A	Finals
5:40 PM	Boy's 1600 Meter Run	Finals
5:50 PM	Girl's 1500 Meter Run	Finals
6:00 PM	Girl's 400 Meter Hurdles	Finals
6:10 PM	Boy's 400 Meter Hurdles	Finals
6:20 PM	Girl's 800 Sprint Medley Relay Class C	Finals
6:25 PM	Girl's 800 Sprint Medley Relay Class B	Finals
6:30 PM	Girl's 800 Sprint Medley Relay Class A	Finals
6:35 PM	Boy's 1600m Sprint Medley Class C	Finals
6:42 PM	Boy's 1600m Sprint Medley Class B	Finals
6:49 PM	Boy's 1600m Sprint Medley Class A	Finals
6:56 PM	Girl's 4x100 Meter Relay Class C	Finals
7:00 PM	Girl's 4x100 Meter Relay Class B	Finals
7:04 PM	Girl's 4x100 Meter Relay Class A	Finals
7:08 PM	Boy's 4x100 Meter Relay Class C	Finals
7:12 PM	Boy's 4x100 Meter Relay Class B	Finals
7:16 PM	Boy's 4x100 Meter Relay Class A	Finals
7:20 PM	Girl's 800 Meter Run	Finals
7:30 PM	Boy's 800 Meter Run	Finals
7:40 PM	Girl's 4x400 Meter Relay Class C	Finals
7:45 PM	Girl's 4x400 Meter Relay Class B	Finals
7:50 PM	Girl's 4x400 Meter Relay Class A	Finals
7:55 PM	Boy's 4x400 Meter Relay Class C	Finals
8:00 PM	Boy's 4x400 Meter Relay Class B	Finals
8:05 PM	Boy's 4x400 Meter Relay Class A	Finals

