

SIOUX CITY RELAYS

Friday April 11, 2025

Events & Tentative Time Schedule for the 2025 Sioux City Relays
(If we are running ahead of schedule...we will stay ahead of schedule)

Friday Field Events

12:00 PM	Women's Hammer Throw	Finals	5:35 PM	7th Grade Girls 800 Meter Run	Finals
12:00 PM	Cornie Wassink Men's Shot Put Throw	Finals	5:39 PM	7th Grade Boys 800 Meter Run	Finals
2:30 PM	Men's Hammer Throw	Finals	5:44 PM	8th Grade Girls 800 Meter Run	Finals
4:30 PM	Terry Koebernick Women's High Jump	Finals	5:48 PM	8th Grade Boys 800 Meter Run	Finals
4:30 PM	LeRoy Simpson Men's Triple Jump	Finals	5:52 PM	Freshman Girls 800 Meter Run	Finals
5:00 PM	Women's Discus Throw	Finals	5:56 PM	Freshman Boys 800 Meter Run	Finals
6:00 PM	Terry Koebernick Men's High Jump	Finals	6:05 PM	Women 200 Meter Dash	Finals
6:00 PM	LeRoy Simpson Women's Triple Jump	Finals	6:15 PM	Men 200 Meter Dash	Finals
			6:30 PM	Women's 400 Meter Hurdles	Finals
			6:38 PM	Men's 400 Meter Hurdles	Finals

Friday Running Events

3:00 PM	Delbert Christensen Women's 5000 Meter Run	Finals
3:30 PM	Women's 100m Hurdles	Prelims
3:45 PM	Men's 110m High Hurdles	Prelims
4:00 PM	Women's 100 Meter Dash	Prelims
4:15 PM	Men's 100 Meter Dash	Prelims
4:30 PM	Freshmen Girls 4x200 Meter Relay	Finals
4:35 PM	Freshman Boys 4x200 Meter Relay	Finals
4:40 PM	8th Grade Girls 4X200 Meter Relay	Finals
4:45 PM	8th Grade Boys 4X200 Meter Relay	Finals
4:50 PM	7th Grade Girls 4x200 Meter Relay	Finals
4:55 PM	7th Grade Boys 4x200 Meter Relay	Finals
5:00 PM	Steve Allspach Women's 800 Meter Run	Finals
5:20 PM	Steve Allspach Men's 800 Meter Run	Finals

Rich Vanderloo Middle School 4x100 Relays:

6:45 PM	7th Grade Girls 4x100 Meter Relay	Finals
6:49 PM	7th Grade Boys 4x100 Meter Relay	Finals
6:53 PM	8th Grade Girls 4x100 Meter Relay	Finals
6:57 PM	8th Grade Boys 4x100 Meter Relay	Finals
7:01 PM	Freshmen Girls 4x100 Meter Relay	Finals
7:05 PM	Freshmen Boys 4x100 Meter Relay	Finals
7:10 PM	Women's 400 Meter Dash	Finals
7:20 PM	Men's 400 Meter Dash	Finals
7:30 PM	7th Grade Girls 4x400 Meter Relay	Finals
7:37 PM	7th Grade Boys 4x400 Meter Relay	Finals
7:44 PM	8th Grade Girls 4X400 Meter Relay	Finals
7:51 PM	8th Grade Boys 4X400 Meter Relay	Finals
7:58 PM	Freshman Girls 4X400 Meter Relay	Finals
8:05 PM	John Palmolea 9th Boys 4X400 Meter Relay	Finals
8:15 PM	Women's 10,000 Meter Run	Finals
9:00 PM	Men's 10,000 Meter Run	Finals



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SIOUX CITY RELAYS

Saturday April 12, 2025

Events & Tentative Time Schedule for the 2025 Sioux City Relays

(If we are running ahead of schedule...we will stay ahead of schedule)

Saturday Field Events

9:00 AM	Men's Discus	Finals
9:00 AM	Cornie Wassink Women's Shot Put	Finals
9:30 AM	Bill Saunders Women's Long Jump	Finals
10:00 AM	Girl's High Jump	Finals
10:30 AM	Boys Discus Throw	Finals
10:30 AM	Girl's Shot Put	Finals
11:00 AM	Bill Saunders Men's Long Jump	Finals
12:30 PM	Boy's High Jump	Finals
12:30 PM	Girl's Long Jump	Finals
12:30 PM	Girl's Discus Throw	Finals
12:30 PM	Boy's Shot Put	Finals
2:30 PM	Boy's Long Jump	Finals
2:00 PM	Women's Javelin Throw	Finals
3:30 PM	Men's Javelin Throw	Finals

Saturday Morning Running Events

8:15 AM	Girl's 3000 Meter Run	Finals
8:33 AM	Boy's 3200 Meter Run	Finals
8:53 AM	Girl's 100 Meter Hurdles Class C	Elite Prelims
8:57 AM	Girl's 100 Meter Hurdles Class B	Elite Prelims
9:01 AM	Girl's 100 Meter Hurdles Class A	Elite Prelims
9:10 AM	Boy's 110 Meter High Hurdles Class C	Elite Prelims
9:15 AM	Boy's 110 Meter High Hurdles Class B	Elite Prelims
9:20 AM	Boy's 110 Meter High Hurdles Class A	Elite Prelims
9:27 AM	Girl's 100 Meter Dash Class C	Elite Prelims
9:31 AM	Girl's 100 Meter Dash Class B	Elite Prelims
9:35 AM	Girl's 100 Meter Dash Class A	Elite Prelims
9:43 AM	Boy's 100 Meter Dash Class C	Elite Prelims
9:47 AM	Boy's 100 Meter Dash Class B	Elite Prelims
9:52 AM	Boy's 100 Meter Dash Class A	Elite Prelims
10:00 AM	Girl's 4x800 Meter Relay	Finals
10:15 AM	Mark McLarnan Boy's 4x800 Meter Relay	Finals
10:30 AM	Men's 3000m Steeplechase	Finals
10:45 AM	Elite Boy's 110 Meter High Hurdles	Finals
10:50 AM	Men's 110 Meter High Hurdles	Finals
10:55 AM	Elite Girl's 100 Meter Hurdles	Finals
11:00 AM	Women's 100 Meter Hurdles	Finals
11:03 AM	Dwight Hauff Elite Girl's 100 Meter Dash	Finals
11:07 AM	Women's 100 Meter Dash	Finals
11:11 AM	Dwight Hauff Elite Boy's 100 Meter Dash	Finals
11:14 AM	Men's 100 Meter Dash	Finals
11:20 AM	Girl's 400 Meter Dash	Finals
11:30 AM	Boy's 400 Meter Dash	Finals
11:45 AM	Women's 3000m Steeplechase	Finals
12:00 PM	Chuck Mounts Girl's Shuttle Hurdle Relay	Finals
12:10 PM	Boy's Shuttle Hurdle Relay	Finals

12:30 PM Hall of Fame

Saturday Afternoon Running Events

1:00 PM	Girl's 4x200 Meter Relay Class C	Finals
1:07 PM	Girl's 4x200 Meter Relay Class B	Finals
1:14 PM	Girl's 4x200 Meter Relay Class A	Finals
1:18 PM	Women's 4x200 Meter Relay	Finals
1:22 PM	Boy's 4x200 Meter Relay Class C	Finals
1:29 PM	Boy's 4x200 Meter Relay Class B	Finals
1:33 PM	Boy's 4x200 Meter Relay Class A	Finals
1:37 PM	Men's 4x200 Meter Relay	Finals
1:40 PM	Boy's 1600 Meter Run	Finals
1:48 PM	Girl's 1500 Meter Run	Finals
1:56 PM	Women's 1500 Meter Run	Finals
2:10 PM	Men's 1500 Meter Run	Finals
2:30 PM	Girl's 400 Meter Hurdles	Finals
2:38 PM	Boy's 400 Meter Hurdles	Finals
2:48 PM	Girl's 800 Sprint Medley Relay Class C	Finals
2:52 PM	Girl's 800 Sprint Medley Relay Class B	Finals
2:56 PM	Girl's 800 Sprint Medley Relay Class A	Finals
3:00 PM	Women's 1600m Sprint Medley Relay	Finals
3:07 PM	Boy's 1600m Sprint Medley Class C	Finals
3:14 PM	Boy's 1600m Sprint Medley Class B	Finals
3:21 PM	Boy's 1600m Sprint Medley Class A	Finals
3:28 PM	Men's 1600m Sprint Medley Relay	Finals
3:35 PM	Men's 5000 Meter Run	Finals

Terry Hersom 4x100 Relays:

3:55 PM	Girl's 4x100 Meter Relay Class C	Finals
3:59 PM	Girl's 4x100 Meter Relay Class B	Finals
4:03 PM	Girl's 4x100 Meter Relay Class A	Finals
4:07 PM	Women's 4x100 Meter Relay	Finals
4:11 PM	Boy's 4x100 Meter Relay Class C	Finals
4:15 PM	Boy's 4x100 Meter Relay Class B	Finals
4:19 PM	Boy's 4x100 Meter Relay Class A	Finals
4:23 PM	Men's 4x100 Meter Relay	Finals
4:25 PM	Girl's 800 Meter Run	Finals
4:30 PM	Boy's 800 Meter Run	Finals
4:38 PM	Women's 4x400 Meter Relay	Finals
4:44 PM	Men's 4x400 Meter Relay	Finals
5:00 PM	Girl's 4x400 Meter Relay Class C	Finals
5:06 PM	Girl's 4x400 Meter Relay Class B	Finals
5:12 PM	Girl's 4x400 Meter Relay Class A	Finals
5:18 PM	Boy's 4x400 Meter Relay Class C	Finals
5:24 PM	Boy's 4x400 Meter Relay Class B	Finals
5:30 PM	Boy's 4x400 Meter Relay Class A	Finals

