

SIOUX CITY RELAYS

Friday April 10, 2026

Events & Tentative Time Schedule for the 2026 Sioux City Relays
(If we are running ahead of schedule...we will stay ahead of schedule)

Friday Field Events

10:30 AM	Women's Hammer Throw	Finals
10:30 AM	Cornie Wassink Men's Shot Put	Finals
1:30 PM	Women's Pole Vault (Section 1; Two Section Final)	Finals
1:30 PM	Men's Hammer Throw	Finals
1:30 PM	Cornie Wassink Women's Shot Put	Finals
4:00 PM	Women's Discus Throw	Finals
4:00 PM	Terry Koebernick Women's High Jump	Finals
4:00 PM	LeRoy Simpson Men's Triple Jump	Finals
4:30 PM	Women's Pole Vault (Section 2; Two Section Final)	Finals
6:00 PM	Men's Discus Throw	Finals
6:00 PM	Terry Koebernick Men's High Jump	Finals
6:00 PM	LeRoy Simpson Women's Triple Jump	Finals

NOTE: Pole Vault on lower East field

Friday Running Events

2:30 PM	Delbert Christensen Women's 5000 Meter Run	Finals
3:00 PM	Women's 100m Hurdles	Prelims
3:15 PM	Men's 110m High Hurdles	Prelims
3:30 PM	Women's 100 Meter Dash	Prelims
3:45 PM	Men's 100 Meter Dash	Prelims
4:00 PM	Freshmen Girls 4x200 Meter Relay	Finals
4:05 PM	Freshman Boys 4x200 Meter Relay	Finals
4:10 PM	8th Grade Girls 4X200 Meter Relay	Finals
4:15 PM	8th Grade Boys 4X200 Meter Relay	Finals
4:20 PM	7th Grade Girls 4x200 Meter Relay	Finals
4:25 PM	7th Grade Boys 4x200 Meter Relay	Finals
4:30 PM	Steve Allspach Women's 800 Meter Run	Finals
4:55 PM	Steve Allspach Men's 800 Meter Run	Finals

5:20 PM	7th Grade Girls 800 Meter Run	Finals
5:25 PM	7th Grade Boys 800 Meter Run	Finals
5:30 PM	8th Grade Girls 800 Meter Run	Finals
5:35 PM	8th Grade Boys 800 Meter Run	Finals
5:40 PM	Freshman Girls 800 Meter Run	Finals
5:45 PM	Freshman Boys 800 Meter Run	Finals
5:50 PM	Women 200 Meter Dash	Finals
6:05 PM	Men 200 Meter Dash	Finals
6:20 PM	Women's 400 Meter Hurdles	Finals
6:30 PM	Men's 400 Meter Hurdles	Finals

Rich Vanderloo Middle School 4x100 Relays:

6:40 PM	7th Grade Girls 4x100 Meter Relay	Finals
6:43 PM	7th Grade Boys 4x100 Meter Relay	Finals
6:46 PM	8th Grade Girls 4x100 Meter Relay	Finals
6:49 PM	8th Grade Boys 4x100 Meter Relay	Finals
6:52 PM	Freshmen Girls 4x100 Meter Relay	Finals
6:55 PM	Freshmen Boys 4x100 Meter Relay	Finals
7:00 PM	Women's 400 Meter Dash	Finals
7:15 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 11, 2026

Events & Tentative Time Schedule for the 2026 Sioux City Relays

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

Saturday Field Events

9:00 AM	Women's Javelin Throw
9:30 AM	Bill Saunders Women's Long Jump
10:00 AM	Girl's High Jump
10:30 AM	Men's Javelin Throw
11:00 AM	Bill Saunders Men's Long Jump
11:00 AM	Men's Pole Vault (Section 1; Two Section Final)
12:30 PM	Girl's Discus Throw
12:30 PM	Boy's Shot Put
12:30 PM	Boy's High Jump
12:30 PM	Girl's Long Jump
2:00 PM	Men's Pole Vault (Section 2; Two Section Final)
2:00 PM	Boy's Long Jump
2:30 PM	Boy's Discus Throw
2:30 PM	Girl's Shot Put

NOTE: Pole Vault on lower East field

Saturday Morning Running Events

8:15 AM	Girl's 3000 Meter Run	Finals
8:34 AM	Boy's 3200 Meter Run	Finals
8:52 AM	Girl's 100 Meter Hurdles Class C	Elite Prelims
8:56 AM	Girl's 100 Meter Hurdles Class B	Elite Prelims
9:00 AM	Girl's 100 Meter Hurdles Class A	Elite Prelims
9:08 AM	Boy's 110 Meter High Hurdles Class C	Elite Prelims
9:13 AM	Boy's 110 Meter High Hurdles Class B	Elite Prelims
9:18 AM	Boy's 110 Meter High Hurdles Class A	Elite Prelims
9:25 AM	Girl's 100 Meter Dash Class C	Elite Prelims
9:29 AM	Girl's 100 Meter Dash Class B	Elite Prelims
9:33 AM	Girl's 100 Meter Dash Class A	Elite Prelims
9:39 AM	Boy's 100 Meter Dash Class C	Elite Prelims
9:44 AM	Boy's 100 Meter Dash Class B	Elite Prelims
9:50 AM	Boy's 100 Meter Dash Class A	Elite Prelims
9:55 AM	Girl's 4x800 Meter Relay	Finals
10:10 AM	Mark McLarnan Boy's 4x800 Meter Relay	Finals
10:26 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
10:59 AM	Women's 100 Meter Hurdles	Finals
11:03 AM	Dwight Hauff Elite Girl's 100 Meter Dash	Finals
11:06 AM	Women's 100 Meter Dash	Finals
11:10 AM	Dwight Hauff Elite Boy's 100 Meter Dash	Finals
11:13 AM	Men's 100 Meter Dash	Finals
11:17 AM	Girl's 400 Meter Dash	Finals
11:29 AM	Boy's 400 Meter Dash	Finals
11:40 AM	Boy's Wheelchair 400	Finals
11:43 AM	Women's 3000m Steeplechase	Finals
11:58 AM	Chuck Mounts Girl's Shuttle Hurdle Relay	Finals
12:08 PM	Boy's Shuttle Hurdle Relay	Finals

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
1:17 PM	Women's 4x200 Meter Relay	Finals
1:20 PM	Boy's 4x200 Meter Relay Class C	Finals
1:26 PM	Boy's 4x200 Meter Relay Class B	Finals
1:32 PM	Boy's 4x200 Meter Relay Class A	Finals
1:36 PM	Men's 4x200 Meter Relay	Finals
1:40 PM	Boy's 1600 Meter Run	Finals
1:55 PM	Girl's 1500 Meter Run	Finals
2:10 PM	Women's 1500 Meter Run	Finals
2:25 PM	Men's 1500 Meter Run	Finals
2:40 PM	Girl's 400 Meter Hurdles	Finals
2:49 PM	Boy's 400 Meter Hurdles	Finals
2:58 PM	Girl's 800 Sprint Medley Relay Class C	Finals
3:06 PM	Girl's 800 Sprint Medley Relay Class B	Finals
3:09 PM	Girl's 800 Sprint Medley Relay Class A	Finals
3:12 PM	Women's 1600m Sprint Medley Relay	Finals
3:18 PM	Boy's 1600m Sprint Medley Class C	Finals
3:24 PM	Boy's 1600m Sprint Medley Class B	Finals
3:30 PM	Boy's 1600m Sprint Medley Class A	Finals
3:36 PM	Men's 1600m Sprint Medley Relay	Finals
3:42 PM	Men's 5000 Meter Run	Finals

Terry Hersom 4x100 Relays:

4:02 PM	Girl's 4x100 Meter Relay Class C	Finals
4:06 PM	Girl's 4x100 Meter Relay Class B	Finals
4:10 PM	Girl's 4x100 Meter Relay Class A	Finals
4:14 PM	Women's 4x100 Meter Relay	Finals
4:17 PM	Boy's 4x100 Meter Relay Class C	Finals
4:21 PM	Boy's 4x100 Meter Relay Class B	Finals
4:25 PM	Boy's 4x100 Meter Relay Class A	Finals
4:29 PM	Men's 4x100 Meter Relay	Finals
4:32 PM	Girl's 800 Meter Run	Finals
4:40 PM	Boy's 800 Meter Run	Finals
4:48 PM	Women's 4x400 Meter Relay	Finals
4:54 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



12:30 PM Hall of Fame