

# 59<sup>th</sup> Jesuit - Sheaner Relays

March 22-23, 2024

## FRIDAY

March 22, 2024

**6:30 pm**      **3,200 Meter Run - race order: Girls; Boys**      Timed Final

## SATURDAY

March 23, 2024

### FIELD EVENTS

**8:00 am**      **Boys 6A Long Jump**  
**Boys Triple Jump 5A**

**8:30**      **Boys 5A High Jump**  
**Boys 6A Shot Put**  
**Boys Discus 5A**

**9:30**      **Boys Pole Vault 5A & 6A**  
**(starting height 12'0")**  
**Session I will end at 13'6"**  
**Session II will resume at 11:00 am with the bar at 14'0"**  
Vaulters entering at the beginning of session II  
will be given a 40-minute warm-up period.

**10:30**      **Boys Long Jump 5A**  
**Boys 6A Triple Jump**

**10:30**      **Boys Shot Put 5A**  
**Boys High Jump 6A**  
**Boys 6A Discus**

**11:30**      **High Jump Girls**

**1:00**      **Triple Jump Girls**  
following Triple Jump      **Long Jump Girls**

**12:00**      **Shot Put Girls**  
following Shot Put      **Discus Girls**

**1:00**      **Pole Vault Girls**



# 59<sup>th</sup> Jesuit - Sheaner Relays

March 22-23, 2024

## SATURDAY

March 23, 2024

### RUNNING EVENTS MORNING SESSION

race order: Girls; 5A Boys; 6A Boys

---

<b>7:00–8:25 am</b>	Track Open for practice	
<b>8:30 am</b>	<b>Distance Medley Relay - <u>Boys Only</u></b> 1200m, 400m, 800m, 1600m	<b>Timed Final</b>
<i>Rolling Schedule</i>	<b>4 x 100 Meter Relay - <u>Boys Only</u></b>	<b>Preliminary</b>
	<b>800 Meter Run – <u>Section 1</u></b>	<b>Timed Final</b>
	<b>100 / 110 Meter High Hurdles</b>	<b>Preliminary</b>
	<b>100 Meter Dash</b>	<b>Preliminary</b>
	<b>400 Meter Dash</b>	<b>Preliminary</b>
	<b>300 Meter Intermediate Hurdles</b>	<b>Preliminary</b>
	<b>200 Meter Dash</b>	<b>Preliminary</b>
	<b>1,600 Meter Run – <u>Section 1</u></b>	<b>Timed Final</b>

### AFTERNOON SESSION

---

<b>1:30–2:15 pm</b>	Track Open for practice	
<b>2:25 pm</b>	<b>Opening Ceremonies</b>	
<b>2:30</b>	<b>4 x 100 Meter Relay</b>	<b>Timed Final</b>
<b>2:45</b>	<b>800 Meter Run – <u>Section 2</u></b>	<b>Timed Final</b>
<b>2:55</b>	<b>100 Meter High Hurdles</b>	<b>Timed Final</b>
<b>3:00</b>	<b>110 Meter High Hurdles</b>	<b>Timed Final</b>
<b>3:10</b>	<b>100 Meter Dash</b>	<b>Timed Final</b>
<b>3:20</b>	<b>4x200 Meter Relay</b>	<b>Timed Final</b>
<b>3:35</b>	<b>400 Meter Dash</b>	<b>Timed Final</b>
<b>3:50</b>	<b>300 Meter Hurdles</b>	<b>Timed Final</b>
<b>4:05</b>	<b>200 Meter Dash</b>	<b>Timed Final</b>
<b>4:25</b>	<b>1,600 Meter Run – <u>Section 2</u></b>	<b>Timed Final</b>
<b>4:40</b>	<b>4 x 400 Meter Dash Relay</b>	<b>Timed Final</b>

