

59th 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

following Triple Jump

Triple Jump Girls
Long Jump Girls

12:00

following Shot Put

Shot Put Girls
Discus Girls

1:00

Pole Vault Girls



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RUNNING EVENTS MORNING SESSION

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

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

AFTERNOON SESSION

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

