2011 Sea Ray Relays Time Schedule

Wednesday, April 13	Friday, April 15	Saturday, April 16
2:00 Heptathlon	12:15 M Open Discus	8:45 M Hammer Throw
100mh, HJ, SP, 200m	12:35 W Open 3000m Run	12:15 W Inv Discus
	1:00 W High Jump	12:30 M High Jump
2:30 Scott Hartman	1:00 W Pole Vault	12:40 W Shuttle Hurdle Relay
Decathlon	1:00 W 1500m Run (Sections 3 & 4)	1:00 M Shuttle Hurdle Relay
100m, LJ, SP, HJ,	1:15 M 1500m Run (Sections 3 & 4)	1:20 W Distance Medley Relay
400m	1:30 W 800m Run (Sections 4-6)	1:30 M Long Jump
	1:45 M 800m Run (Sections 4-6)	1:30 W Long Jump
Thursday, April 14	2:00 W 100m Hurdles	1:30 W Javelin
2:00 Scott Hartman	2:25 M 110m Hurdles	1:40 M Distance Medley Relay
Decathlon	2:45 W 100m Dash	2:00 W 4 x 100m Relay
110mh, DT, PV, JT,	3:00 W Open Discus	2:25 M 4 x 100m Relay
1500m	3:10 M 100m Dash	2:30 M Inv Pole Vault
	3:35 W 400m Dash	2:30 W Shot Put
3:00 Heptathlon	4:00 M 400m Dash	2:50 W Inv Steeplechase
LJ, JT, 800m	4:00 M Triple Jump	3:05 M Inv Steeplechase
	4:00 W Triple Jump	3:20 W 4 x 800m Relay
7:00 W Hammer Throw	4:25 W 400m Hurdles	3:30 M Javelin
	4:30 M Open Pole Vault	3:40 M 4 x 800m Relay
	4:50 M 400m Hurdles	4:00 W 4 x 200m Relay
	5:10 W 200m Dash	4:20 M 4 x 200m Relay
	5:35 M 200m Dash	4:40 W 4 x 1500m Relay
	5:45 M Inv Discus	5:05 M 4 x 1500m Relay
	6:00 W 800m Run (Sections 1-3)	5:25 W 4 x 400m Relay
	6:15 M 800m Run (Sections 1-3)	5:45 M 4 x 400m Relay
	6:30 W 1500m Run (Sections 1 & 2)	
	6:45 M 1500m Run (Sections 1& 2)	
	7:00 M Shot Put	
	7:00 W Inv 5000m Run	
	7:25 M Inv 5000m Run	
	7:45 W 10,000m Run	
	8:30 M 10,000m Run	

Updated 02/15/11