



NATIONAL RELAY CHAMPIONSHIPS

FRIDAY - SATURDAY, APRIL 26-27

SCHEDULE OF EVENTS

Friday Running Events

Time	Event	Gender
3:00 PM	3,000 Meter Steeplechase	Men
3:10 PM	3,000 Meter Steeplechase	Women
3:25 PM	110 Meter Hurdles	Men
3:35 PM	100 Meter Hurdles	Women
3:45 PM	400 Meters	Men
4:00 PM	400 Meters	Women
4:15 PM	100 Meters	Men
4:25 PM	100 Meters	Women
4:35 PM	800 Meters	Men
4:45 PM	800 Meters	Women
4:55 PM	400 Meter Hurdles	Men
5:05 PM	400 Meter Hurdles	Women
5:15 PM	1,500 Meters	Men
5:25 PM	1,500 Meters	Women
5:35 PM	200 Meters	Men
5:50 PM	200 Meters	Women
6:05 PM	4 x 1,500 Meters Relay	Men
6:35 PM	4 x 1,500 Meters Relay	Women
7:05 PM	Sprint Medley Relay	Men
7:15 PM	Sprint Medley Relay	Women

Thursday Field Events

Time	Event	Gender
5:30 PM	Hammer Throw	Women
6:45 PM	Hammer Throw	Men

Friday Field Events

Time	Event	Gender
11:30 AM	Discus Throw	Men
2:00 PM	Discus Throw	Women
4:00 PM	Javelin Throw	Men
4:30 PM	Long Jump	Men
4:30 PM	Long Jump	Women
5:00 PM	Pole Vault	Men
5:00 PM	Pole Vault	Women
6:00 PM	Javelin Throw	Women

SATURDAY - NATIONAL RELAY CHAMPIONSHIPS

Time	Event	Gender
10:02 AM	4 x 100 Meter Relay (2 Heats)	Men
10:16 AM	4 x 100 Meter Relay (2 Heats)	Women
10:29 AM	4 x 800 Meter Relay	Men
10:42 AM	4 x 800 Meter Relay	Women
10:57 AM	Shuttle Hurdle Relay	Men
11:05 AM	Shuttle Hurdle Relay	Women
11:26 AM	4 x 400 Meter Relay (2 Heats)	Men
11:44 AM	4 x 400 Meter Relay (2 Heats)	Women
12:00 PM	<i>FASTEST KID IN FAYETTEVILLE</i>	

Saturday Field Events

Time	Event	Gender
10:00 AM	High Jump	Men
10:00 AM	High Jump	Women
10:30 AM	Triple Jump	Men
10:30 AM	Triple Jump	Women
10:30 AM	Pole Vault Invitational	Women
11:00 AM	Shot Put	Men
11:00 AM	Shot Put	Women