

John Hasenstab Warrior Relays
Walsh Jesuit High School
April 13, 2024

8:30	COACHES MEETING	12:00	Girls 100 Meter Dash Girls 100 Meter Dash Wheelchair
8:55	NATIONAL ANTHEM		Boys 100 Meter Dash Boys 100 Meter Dash Wheelchair
	FIELD EVENTS Three competitor "relay" teams	12:15	Girls 4x200 Meter Relay Boys 4x200 Meter Relay
9:00	Girls Shot Put Relay (4 throws)	12:45	Girls 1600 Meter Run Boys 1600 Meter Run
9:00	Girls Shot Put Wheelchair (4 throws)	1:05	Girls Distance Medley (800-400-1200-1600) Boys Distance Medley (800-400-1200-1600)
9:00	Girls High Jump Relay	1:40	Girls Shuttle Hurdles Boys Shuttle Hurdles
9:00	Girls Pole Vault Relay	2:15	Girls 4x100 Meter Relay Boys 4x100 Meter Relay
9:00	Boys Long Jump Relay (4 jumps)	2:35	Girls 400 Meter Dash Girls 400 Meter Dash Wheelchair
9:00	Boys Discus Relay (4 throws)		Boys 400 Meter Dash Boys 400 Meter Dash Wheelchair
	Start time is 12:30 or 30 minutes after the completion of the opposite gender	2:50	Girls 300 Meter Hurdles Boys 300 Meter Hurdles
12:30	Girls Discus Throw Relay (4 throws)	3:05	Girls 800 Meter Run Girls 800 Meter Run Wheelchair
12:30	Girls Long Jump Relay (4 jumps)		Boys 800 Meter Run Boys 800 Meter Run Wheelchair
12:30	Boys Shot Put Relay (4 throws)	3:15	Girls 200 Meter Dash Boys 200 Meter Dash
12:30	Boys Shot Put Wheelchair (4 throws)	3:30	Girls 3200 Meter Run Boys 3200 Meter Run
12:30	Boys High Jump Relay	4:00	Girls Sprint Medley (100-100-200-400) Boys Sprint Medley (100-100-200-400)
12:30	Boys Pole Vault Relay	4:20	Girls 4x400 Meter Relay Boys 4x400 Meter Relay
	RUNNING EVENTS One individual in open event		
9:00	Girls 4x1600 Meter Relay		
9:30	Boys 4x1600 Meter Relay		
	BREAK		
11:15	Girls 4x800 Meter Relay Boys 4x800 Meter Relay		
11:45	Girls 100 Meter Hurdles Boys 110 Meter Hurdles		