

Eastern Relays Schedule of Events

Friday 4/21 All Friday events are at UofL

4:15 pm Virtual Coaches Meeting (over PA)

4:30 pm Unified Events (Special Olympics)

- Unified 400m then Unified 4x100m

5:00 pm All events are on a rolling schedule

- Open Mile (non-scoring, no awards)
- Unified 100m
- Open 100m (non-scoring, no awards)
- 1600m Sprint Relay (200-200-400-800),
- 4000m Distance Medley (1200-400-800-1600)
- Middle School Mile
- 800m Sprint Medley Relay (100-100-200-400),
- 3200m

5:00 Unified Long Jump and Shot Put

6:00pm Open Field Events

Pole Vault, Long Jump, Triple Jump, Shot Put, Discus

Friday's Open running events (100m, Mile) are limited to 3 entries per team. We may also limit the DMR to 1 section and the SMRs to 2 sections if entries are excessive.

Saturday 4/22

9:00 am Virtual Coaches Meeting (over PA)

9:30 am Field Events begin (rolling schedule)

Pole Vault, Long Jump, Discus (girls first, then boys)
High Jump, Triple Jump, Shot Put (boys first, then girls)

10:00 am Running Events begin (rolling schedule)

4x800m relay, 100/110m hurdles, 100m dash, 4x200m relay, Mile run, 4x100m relay, 400m dash, 300m hurdles, 800m run, 200m dash, 2000m Steeplechase, 4x400m relay

Typically the meet concludes around 5pm. After entries are closed we will post a projected time schedule.

****Other special events may be added at meet management's discretion.**

Saturday Open Events at DuPont Manual- Non-scoring, no awards, hand-timed

Manual's track is one city block from Cardinal Park and they have volunteered to include non-scoring, no award events for athletes who did not qualify for the invitational portion of the meet. The events are 3200m, 400m, and 800m. These events, along with Friday's open events will provide an opportunity for non-qualifiers, relay legs, etc. to be a part of the meet. Please only enter athletes who intend to compete in these races.

Track Events: All track events are timed finals.

Field Events: Shot put, discus, long jump, and triple jump will be contested with 3 jumps/throws, with the top 9 athletes advancing to finals. During the preliminary round, all marks will be measured in the first round. During the subsequent rounds only marks that exceed the entry standard will be measured.

Pole Vault, Long Jump, Triple Jump, Shot Put, and Discus will contest an open section (no awards, non-scoring) on Friday night with the Invitational sections on Saturday. All field events, both open and invitational require a qualifying mark.

For the High Jump and Pole Vault the starting height will be the entry standard. Depending on field size we may utilize 5-Alive or multiple pits broken up by entry height.

****Other special events may be added at meet management's discretion.**