

SHADYSIDE RELAYS 2019

10:00 AM FIELD EVENTS – TRIALS AND FINALS

1ST SESSION

Pole Vault	Boys
High Jump	Girls
Long Jump	Boys
Discus	Boys
Shot Put	Girls

2ND SESSION

Pole Vault	Girl
High Jump	Boys
Long Jump	Girls
Discus	Girls
Shot Put	Boys

10:30 AM

RUNNING EVENTS

100 Meter High Hurdles	Girls	Semis (6 fastest to finals)
110 Meter High Hurdles	Boys	Semis (6 fastest to finals)
100 Meter Dash	Girls	Semis (6 fastest to finals)
100 Meter Dash	Boys	Semis (6 fastest to finals)
3200 Meter Run	Girls	Finals (Run on time)
200 Meter Dash	Girls	Semis (6 fastest to finals)
200 Meter Dash	Boys	Semis (6 fastest to finals)
4 x 800 Meter Relay	Boys	Finals (Run on time)
4 x 800 Meter Relay	Girls	Finals (Run on time)
400 Meter Dash	Girls	Finals (Run on time)
400 Meter Dash	Boys	Finals (Run on time)
Shuttle Hurdle Relay	Girls	Finals (Run on time)
Shuttle Hurdle Relay	Boys	Finals (Run on time)

OPENING CEREMONIES & FINALS

WHICH START 45 MINUTES AFTER SHUTTLE HURDLE RELAY

100 Meter High Hurdles	Girls
110 Meter High Hurdles	Boys
100 Meter Dash	Girls
100 Meter Dash	Boys
100 Meter Wheelchair	
4 x 200 Meter Relay	Girls
4 x 200 Meter Relay	Boys
1600 Meter Run	Girls
1600 Meter Run	Boys
4 x 100 Meter Relay	Girls
4 x 100 Meter Relay	Boys
400 Meter Wheelchair	
300 Meter Low Hurdles	Girls
300 Meter Interm Hurdles	Boys
800 Meter Run	Girls
800 Meter Run	Boys
200 Meter Dash	Girls
200 Meter Dash	Boys
3200 Meter Run	Boys
4 x 400 Meter Relay	Girls
4 x 400 Meter Relay	Boys

AWARDS PRESENTATION

