



## 2023 KANSAS RELAYS SCHEDULE

**Updated 4-14-23**

### Thursday, April 13, 2023

#### Field Events

12:00 PM	Hammer Throw	Men
12:00 PM	Pole Vault unseeded	Women
2:45 PM	Pole Vault unseeded	Men
4:30 PM	Hammer Throw	Women
<b>4:40 PM</b>	<b>NATIONAL ANTHEM</b>	
<b>4:50 PM</b>	<b>WORLD ATHLETICS 100yr RECOGNITION</b>	

#### Running Events

5:00 PM	800m unseeded	Women
5:20 PM	800m unseeded	Men
5:35 PM	1500m unseeded	Women
6:00 PM	1500m unseeded	Men
6:20 PM	3000 Steeplechase	<b>Final</b> Women – <b>No Steeple on Saturday</b>
6:35 PM	3000 Steeplechase	Men – Unseeded
6:50 PM	5000m	<b>Final</b> Women
7:30 PM	5000m	<b>Final</b> Men
8:10 PM	10,000m	<b>Final</b> Men
8:50 PM	10,000m	<b>Final</b> Women

### Friday, April 14, 2023

#### Field Events

10:00 AM	Pole Vault	Boys
10:00 AM	Javelin	Girls Infield
10:00 AM	High Jump	Boys
10:00 AM	Shot Put	Girls Outside Ring
10:00 AM	Discus	Boys Outside Ring
11:00 AM	Triple Jump	Boys
11:00 AM	Triple Jump	Girls
1:00 PM	Shot Put	Women Infield
1:30 PM	High Jump	Women
2:30 PM	Discus	Men Outside Ring
2:30 PM	Pole Vault Elite	Women
2:30 PM	Javelin	Women Infield
3:00 PM	Triple Jump	Women
3:00 PM	Triple Jump	Men

#### Running Events

9:00 AM	4 Mile Relay	<b>Final</b> Girls
9:30 AM	4 Mile Relay	<b>Final</b> Boys
9:55 AM	100m Hurdles	Prelims Girls West Straight
9:55 AM	110m Hurdles	Prelims Boys East Straight
10:15 AM	100m Hurdles	Prelims Women West Straight
10:15 AM	110m Hurdles	Prelims Men East Straight
	<b>NATIONAL ANTHEM</b>	
10:35 AM	100m	Prelims Girls East Straight
10:35 AM	100m	Prelims Boys West Straight
10:55 AM	100m	Prelims Women East Straight
10:55 AM	100m	Prelims Men West Straight
11:15 AM	4 x 800m Relay	<b>Final</b> Women
11:30 AM	4 x 800m Relay	<b>Final</b> Men
11:45 AM	400m	Prelims Girls
12:05 PM	400m	Prelims Boys
12:25 PM	200m	Prelims Women
12:40 PM	200m	Prelims Men
12:55 PM	3200m Run	<b>Final</b> Girls
1:10 PM	3200m Run	<b>Final</b> Boys
1:25 PM	400m Hurdles	Prelims Women
1:45 PM	400m Hurdles	Prelims Men

2:05 PM	300m Hurdles	<b>Final</b>	Girls
2:25 PM	300m Hurdles	<b>Final</b>	Boys
2:45 PM	Distance Medley Relay	<b>Final</b>	Boys
3:18 PM	Distance Medley Relay	<b>Final</b>	Girls
3:44 PM	Distance Medley Relay	<b>Final</b>	Women
4:00 PM	Distance Medley Relay	<b>Final</b>	Men
4:20 PM	400m Dash	Prelims	Women
4:35 PM	400m Dash	Prelims	Men
4:50 PM	4 x 100m Relay	Prelims	Girls
5:10 PM	4 x 100m Relay	Prelims	Boys
5:24 PM	4 x 100m Relay	Prelims	Women
5:33 PM	4 x 100m Relay	Prelims	Men
5:42 PM	800m Run	<b>Final</b>	Girls
5:57 PM	800m Run	<b>Final</b>	Boys
6:12 PM	2000m Steeplechase	<b>Final</b>	Girls
6:25 PM	2000m Steeplechase	<b>Final</b>	Boys
6:40 PM	4 x 400m Relay	Prelims	Women <b>POSTPONED UNTIL SATURDAY</b>
7:00 PM	4 x 400m Relay	Prelims	Men <b>POSTPONED UNTIL SATURDAY</b>
7:20 PM	4 x 400m Relay	Prelims	Girls <b>POSTPONED UNTIL SATURDAY</b>
8:10 PM	4 x 400m Relay	Prelims	Boys <b>POSTPONED UNTIL SATURDAY</b>

**Saturday, April 15, 2023**

**Field Events**

9:00 AM	Javelin	Boys	
9:00 AM	Long Jump	Girls	
9:00 AM	Long Jump	Boys	
10:00 AM	Pole Vault	Girls	Indoor at Anschutz Field House
10:00 AM	High Jump	Girls	Indoor at Anschutz Field House
10:00 AM	Shot Put	Boys	Outside Ring
10:00 AM	Discus	Girls	Outside Ring
11:00 AM	Javelin	Men	Infield
12:30 PM	Long Jump	Women	
12:30 PM	Long Jump	Men	
1:30 PM	High Jump	Men	Indoor at Anschutz Field House
1:30 PM	Pole Vault Elite	Men	Indoor at Anschutz Field House
1:00 PM	Shot Put	Men	
1:00 PM	Discus	Women	

**Running Events**

9:00 AM	Sprint Medley Relay	<b>Final</b>	Girls
9:20 AM	Sprint Medley Relay	<b>Final</b>	Boys
9:40 AM	4 x 200m Relay	<b>Final</b>	Girls
9:55 AM	4 x 200m Relay	<b>Final</b>	Boys
10:10 AM	4 x 800 Relay	<b>Final</b>	Girls
10:50 AM	4 x 800 Relay	<b>Final</b>	Boys
	<b>NATIONAL ANTHEM</b>		
11:25 AM	4 x 100m Sunflower Showdown	<b>Final</b>	Girls
11:29 AM	4 x 100m Sunflower Showdown	<b>Final</b>	Boys
11:33 AM	4 x 100m Relay	<b>Final</b>	Girls
11:37 AM	4 x 100m Relay	<b>Final</b>	Boys
11:41 AM	4 x 100m Relay	<b>Final</b>	Women
11:44 AM	4 x 100m Relay	<b>Final</b>	Men
11:48 AM	1500m	<b>Final</b>	Women
11:56 AM	1500m	<b>Final</b>	Men
12:05 PM	100m Hurdles	<b>Final</b>	Girls
12:08 PM	100m Hurdles	<b>Final</b>	Women
12:14 PM	110m Hurdles	<b>Final</b>	Boys
12:19 PM	110m Hurdles	<b>Final</b>	Men
	<b>100yr ALUMNI RECOGNITION/SHARON LOKEDI RECOGNITION</b>		
12:40 PM	400m	<b>Final</b>	Girls
12:43 PM	400m	<b>Final</b>	Boys
12:46 PM	400m	<b>Final</b>	Women
12:49 PM	400m	<b>Final</b>	Men
12:52 PM	100m	<b>Final</b>	Girls
12:55 PM	100m	<b>Final</b>	Boys
12:58 PM	100m	<b>Final</b>	Women
1:00 PM	4x4 Declaration Due ALL TEAMS		
1:01 PM	100m	<b>Final</b>	Men
1:04 PM	800m	<b>Final</b>	Women
1:09 PM	800m	<b>Final</b>	Men
1:16PM	400m Hurdles	<b>Final</b>	Women
1:20 PM	400m Hurdles	<b>Final</b>	Men
1:23 PM	1600m	<b>Final</b>	Girls
2:00 PM	1600m	<b>Final</b>	Boys
2:33 PM	200m	<b>Final</b>	Women
2:36 PM	200m	<b>Final</b>	Men
2:39 PM	3000 Steeplechase	<b>Final</b>	Men
	<b>Rolling Schedule starting with the 4x4</b>		
2:55 PM	4 x 400m Relay	<b>Final</b>	Girls
	4 x 400m Relay	<b>Final</b>	Boys
	4 x 400m Relay	<b>Final</b>	Women
	4 x 400m Relay	<b>Final</b>	Men

Entry  
Limits

Event	Girls	Boys	CW	CM
100 Dash	45	45	45	45
200 Dash			36	36
400 Dash	36	36	36	36
800 Run	45	45		
800 Seeded College			9	9
800 Unseeded College			45	45
1600 Run	40	40		
1500 Unseeded			45	45
1500 Seeded			12	12
3200m Run	24	24		
5k			40	40
10k			20	20
Steeple 2k	16	16		
Steeple 3k Unseeded			24	24
Steeple 3k Seeded			12	12
100m Hurdles	45		45	
110m Hurdles	45			45
300m Hurdles	45	45		
400m Hurdles			45	45
4x100m Relay	All	All	All	All
4x200m Relay	36	36		
4x400m Relay	All	All	All	All
Sprint Med Relay	27	27		
Distance Med Relay	24	24	16	16
4x800m Relay	40	40	16	16
4x1600m Relay	20	20		
Discus	24	24	24	24
Javelin	24	24	24	24
Shot	28	28	24	24
Hammer			24	24
HJ	15	15	20	20
LJ	28	28	24	24
TJ	28	28	24	24
PV	15	15		
PV Unseeded			15	15
PV Seeded			10	10