



2023 KANSAS RELAYS SCHEDULE

Updated 4-11-23

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
4:40 PM	NATIONAL ANTHEM	
4:50 PM	WORLD ATHLETICS 100yr RECOGNITION	

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	Final Women— No Steeple on Saturday
6:35 PM	3000 Steeplechase	Men – Unseeded
6:50 PM	5000m	Final Women
7:30 PM	5000m	Final Men
8:10 PM	10,000m	Final Women
8:50 PM	10,000m	Final Men

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	Final Girls
9:30 AM	4 Mile Relay	Final 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
	NATIONAL ANTHEM	
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	Final Women
11:30 AM	4 x 800m Relay	Final 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	Final Girls
1:10 PM	3200m Run	Final Boys
1:25 PM	400m Hurdles	Prelims Women
1:45 PM	400m Hurdles	Prelims Men

2:05 PM	300m Hurdles	Final	Girls
2:25 PM	300m Hurdles	Final	Boys
2:45 PM	Distance Medley Relay	Final	Boys
3:18 PM	Distance Medley Relay	Final	Girls
3:44 PM	Distance Medley Relay	Final	Women
4:00 PM	Distance Medley Relay	Final	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	Final	Girls
5:57 PM	800m Run	Final	Boys
6:12 PM	2000m Steeplechase	Final	Girls
6:25 PM	2000m Steeplechase	Final	Boys
6:40 PM	4 x 400m Relay	Prelims	Women
7:00 PM	4 x 400m Relay	Prelims	Men
7:20 PM	4 x 400m Relay	Prelims	Girls
8:10 PM	4 x 400m Relay	Prelims	Boys

Saturday, April 15, 2023

Field Events

9:00 AM	Javelin	Boys	
9:00 AM	Long Jump	Girls	
9:00 AM	Long Jump	Boys	
9:30 AM	Pole Vault	Girls	
9:30 AM	High Jump	Girls	
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	
1:00 PM	High Jump	Men	
1:00 PM	Pole Vault Elite	Men	
1:00 PM	Shot Put	Men	
1:00 PM	Discus	Women	

Running Events

9:00 AM	Sprint Medley Relay	Final	Girls
9:20 AM	Sprint Medley Relay	Final	Boys
9:40 AM	4 x 200m Relay	Final	Girls
9:55 AM	4 x 200m Relay	Final	Boys
10:10 AM	4 x 800 Relay	Final	Girls
10:50 AM	4 x 800 Relay	Final	Boys
	NATIONAL ANTHEM		
11:25 AM	4 x 100m Sunflower Showdown	Final	Girls
11:29 AM	4 x 100m Sunflower Showdown	Final	Boys
11:33 AM	4 x 100m Relay	Final	Girls
11:37 AM	4 x 100m Relay	Final	Boys
11:41 AM	4 x 100m Relay	Final	Women
11:44 AM	4 x 100m Relay	Final	Men
11:48 AM	1500m	Final	Women
11:56 AM	1500m	Final	Men
12:05 PM	100m Hurdles	Final	Girls
12:08 PM	100m Hurdles	Final	Women
12:14 PM	110m Hurdles	Final	Boys
12:19 PM	110m Hurdles	Final	Men
	100yr ALUMNI RECOGNITION/SHARON LOKEDI RECOGNITION		
12:40 PM	400m	Final	Girls
12:43 PM	400m	Final	Boys
12:46 PM	400m	Final	Women
12:49 PM	400m	Final	Men
12:52 PM	100m	Final	Girls
12:55 PM	100m	Final	Boys
12:58 PM	100m	Final	Women
1:01 PM	100m	Final	Men
1:04 PM	800m	Final	Women
1:09 PM	800m	Final	Men
1:16PM	400m Hurdles	Final	Women
1:20 PM	400m Hurdles	Final	Men
1:23 PM	1600m	Final	Girls
2:00 PM	1600m	Final	Boys
2:33 PM	200m	Final	Women
2:36 PM	200m	Final	Men
2:39 PM	3000 Steeplechase	Final	Men
	2:53 PM STARTERS/OFFICIALS RECOGNITION		
3:05 PM	4 x 400m Sunflower Showdown	Final	Girls
3:10 PM	4 x 400m Sunflower Showdown	Final	Boys
3:15 PM	4 x 400m Relay	Final	Girls
3:20 PM	4 x 400m Relay	Final	Boys
3:25 PM	4 x 400m Relay	Final	Women
3:30 PM	4 x 400m Relay	Final	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