

# Benedictine Relays - 2017

## RUNNING EVENTS

| Evt # | Event           | G     | Rnd       | Time     | Hts |
|-------|-----------------|-------|-----------|----------|-----|
| 1     | 800m SMR        | M ... | Final ... | 3:30 PM  | 1   |
| 2     | 800m SMR        | W ... | Final ... | 3:34 PM  | 2   |
| 3     | 3000m           | M ... | Final ... | 3:41 PM  | 1   |
| 4     | 3200m           | W ... | Final ... | 3:59 PM  | 1   |
| 5     | 4x800m Relay    | M ... | Final ... | 4:19 PM  | 2   |
| 6     | 4x800m Relay    | W ... | Final ... | 4:42 PM  | 2   |
| 7     | S.H.R.          | M ... | Final ... | 5:07 PM  | 5   |
| 8     | S.H.R.          | W ... | Final ... | 5:38 PM  | 6   |
| 9     | 100m Dash       | M ... | Final ... | 6:15 PM  | 3   |
| 10    | 100m Dash       | W ... | Final ... | 6:20 PM  | 4   |
| 11    | 100m Wheelchair | M ... | Final ... | 6:32 PM  | 4   |
| 12    | 100m Wheelchair | W ... | Final ... | 6:46 PM  | 4   |
| 13    | 1600m DMR       | M ... | Final ... | 6:55 PM  | 1   |
| 14    | 1600m DMR       | W ... | Final ... | 7:02 PM  | 1   |
| 15    | 400m Dash       | M ... | Final ... | 7:16 PM  | 2   |
| 16    | 400m Dash       | W ... | Final ... | 7:28 PM  | 2   |
| 17    | 400m Wheelchair | M ... | Final ... | 7:35 PM  | 1   |
| 18    | 400m Wheelchair | W ... | Final ... | 7:40 PM  | 1   |
| 19    | 4x200m Relay    | M ... | Final ... | 7:45 PM  | 2   |
| 20    | 4x200m Relay    | W ... | Final ... | 7:52 PM  | 2   |
| 21    | 110m HH         | M ... | Final ... | 7:59 PM  | 3   |
| 22    | 100m HH         | W ... | Final ... | 8:09 PM  | 3   |
| 23    | 800m Run        | M ... | Final ... | 8:19 PM  | 3   |
| 24    | 800m Run        | W ... | Final ... | 8:32 PM  | 3   |
| 25    | 200m Dash       | M ... | Final ... | 8:48 PM  | 3   |
| 26    | 200m Dash       | W ... | Final ... | 8:57 PM  | 3   |
| 27    | 200m WC         | M ... | Final ... | 9:05 PM  | 1   |
| 28    | 200m WC         | W ... | Final ... | 9:09 PM  | 1   |
| 29    | 400m LH         | M ... | Final ... | 9:13 PM  | 2   |
| 30    | 400m LH         | W ... | Final ... | 9:20 PM  | 2   |
| 31    | 1600m Run       | M ... | Final ... | 9:27 PM  | 2   |
| 32    | 1500m Run       | W ... | Final ... | 9:44 PM  | 2   |
| 33    | 4x100m Relay    | M ... | Final ... | 10:03 PM | 2   |
| 34    | 4x100m Relay    | W ... | Final ... | 10:10 PM | 2   |
| 35    | 4x400m Relay    | M ... | Final ... | 10:17 PM | 2   |
| 36    | 4x400m Relay    | W ... | Final ... | 10:30 PM | 2   |



**Cyclone Invitational**  
**April 15, 2017**

\*All running events must Check In with Clerk 30 Minutes prior to start of event

\*All spikes must be 1/4" or less

## FIELD EVENTS

| Event # | Event        | G     | Rnd       | Time    | Flts |
|---------|--------------|-------|-----------|---------|------|
| 37      | High Jump    | W ... | Final ... | 3:30 PM | 2    |
| 38      | High Jump    | M ... | Final ... | 4:45 PM | 2    |
| 39      | Long Jump    | W ... | Final ... | 3:30 PM | 2    |
| 40      | Long Jump    | M ... | Final ... | 5:00 PM | 3    |
| 41      | Discus Throw | W ... | Final ... | 3:30 PM | 3    |
| 42      | Discus Throw | M ... | Final ... | 5:00 PM | 3    |
| 43      | Shot Put     | W ... | Final ... | 5:30 PM | 3    |
| 44      | Shot Put     | M ... | Final ... | 7:00 PM | 3    |
| 45      | Shot Put WC  | W ... | Final ... | 8:30 PM | 3    |
| 46      | Shot Put WC  | M ... | Final ... | 9:30 PM | 3    |

\*All field events must Check in at the event 30 Minutes prior to start of event.