



94th Annual Dakota Relays

May 3 & 4, 2019

Friday

Field Events

- 9:00 U-C Men Hammer Throw
- 11:00 U-C Women Hammer Throw
- noon U-C Men Triple Jump (Pit 1)
- noon U-C Women Triple Jump (Pit 2)
- 1:00 U-C Men Discus
- 2:00 U-C Women Pole Vault
- 3:00 U-C Women High Jump
- 3:00 U-C Women Discus
- 3:30 H.S. Girls Triple Jump (Pits 1 & 2)
- 3:30 H.S. Boys Shot Put
- 5:00 U-C Men Pole Vault
- 5:00 U-C Men High Jump
- 5:00 U-C Men Javelin
- 6:00 H.S. Boys Triple Jump (Pits 1 & 2)
- 6:00 H.S. Girls Shot Put
- 6:30 U-C Women Javelin



Running Events

- 2:00 H.S. Girls 100 Meter Hurdles – Prelims
- 2:20 H.S. Boys 110 Meter Hurdles – Prelims
- 2:40 U-C Women 4 x 100 Meter Relay
- 2:45 U-C Men 4 x 100 Meter Relay
- 2:50 H.S. Girls 100 Meter Dash – Prelims
- 3:05 H.S. Boys 100 Meter Dash – Prelims
- 3:20 H.S. Girls Class B 4 x 800 Meter Relay
- 3:45 H.S. Girls Class A 4 x 800 Meter Relay
- 4:10 H.S. Girls Class AA 4 x 800 Meter Relay
- 4:20 U-C Women 400 Meter Dash
- 4:30 U-C Men 400 Meter Dash
- 4:40 8th Grade Girls 4 x 100 Meter Relay
- 4:45 8th Grade Boys 4 x 100 Meter Relay
- 4:50 H.S. Girls 400 Meter Dash – Prelims
- 5:00 H.S. Boys 400 Meter Dash – Prelims
- 5:15 H.S. Girls 100 Meter Hurdles – Semis
- 5:25 H.S. Boys 110 Meter Hurdles – Semis
- 5:35 H.S. Girls 100 Meter Dash – Semis
- 5:40 H.S. Boys 100 Meter Dash – Semis
- 5:45 H.S. Boys Class B 4 x 800 Meter Relay
- 6:05 H.S. Boys Class A 4 x 800 Meter Relay
- 6:25 H.S. Boys Class AA 4 x 800 Meter Relay
- 6:35 U-C Men 3000 Meter Steeplechase
- 6:50 U-C Women 3000 Meter Steeplechase
- 7:10 U-C Women 200 Meter Dash – Finals
- 7:20 U-C Men 200 Meter Dash – Finals
- 7:30 H.S. Girls Special Event – 800 Meter Run
- 7:40 U-C Women 800 Meter Run
- 7:50 U-C Men 800 Meter Run
- 8:00 H.S. Boys Special Event – 200 Meter Dash
- 8:10 H.S. Girls 3200 Meter Run
- 8:40 H.S. Boys 3200 Meter Run
- 9:05 U-C Women 5000 Meter Run
- 9:30 U-C Men 5000 Meter Run



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Saturday

Field Events

9:00	H.S. Girls Discus
9:00	H.S. Boys Pole Vault
9:00	H.S. Girls High Jump
9:00	U-C Men Long Jump (Pit 1)
9:00	U-C Women Long Jump (Pit 2)
10:00	U-C Women Shot Put
11:30	H. S. Boys Discus
11:30	H.S. Girls Long Jump (Pits 1 & 2)
noon	U-C Men Shot Put
noon	H.S. Boys High Jump
1:30	H.S. Girls Pole Vault
2:00	H.S. Boys Long Jump (Pits 1 & 2)
2:00	H.S. Girls Javelin
3:30	H.S. Boys Javelin

Running Events

9:00	H.S. Girls Class B Sprint Medley
9:20	H.S. Girls Class A Sprint Medley
9:40	H.S. Girls Class AA Sprint Medley
10:00	U-C Women 100 Meter Hurdles – Finals
10:10	U-C Men 110 Meter Hurdles – Finals
10:20	U-C Women 100 Meter Dash – Finals
10:30	U-C Men 100 Meter Dash – Finals
10:40	H.S. Boys Class B Sprint Medley Relay
11:00	H.S. Boys Class A Sprint Medley Relay
11:20	H.S. Boys Class AA Sprint Medley Relay
11:35	H.S. Girls Class B 4 x 200 Meter Relay
11:45	H.S. Girls Class A 4 x 200 Meter Relay
11:55	H.S. Girls Class AA 4 x 200 Meter Relay
12:05	U-C Women 1500 Meter Run
12:20	U-C Men 1500 Meter Run
12:35	H.S. Boys Class B 4 x 200 Meter Relay
12:45	H.S. Boys Class A 4 x 200 Meter Relay
12:55	H.S. Boys Class AA 4 x 200 Meter Relay
1:05	H.S. Girls 1600 Meter Run
1:30	H.S. Boys 1600 Meter Run
1:55	Honorary Referee Recognition
2:00	Hall of Fame Recognition
2:10	Scholarship Awards Presentation
2:15	U-C Men 400 Meter Hurdles – Finals
2:25	U-C Women 400 Meter Hurdles – Finals
2:35	H.S. Girls 300 Meter Hurdles – Finals
2:55	H.S. Boys 300 Meter Hurdles – Finals
3:15	Board of Directors Volunteer Recognition Awards & Years of Service
3:25	H.S. Girls Class B 4 x 100 Meter Relay
3:35	H.S. Girls Class A 4 x 100 Meter Relay
3:45	H.S. Girls Class AA 4 x 100 Meter Relay
3:55	H.S. Boys Class B 4 x 100 Meter Relay
4:05	H.S. Boys Class A 4 x 100 Meter Relay
4:15	H.S. Boys Class AA 4 x 100 Meter Relay
4:25	U-C Women 4 x 400 Meter Relay
4:30	U-C Men 4 x 400 Meter Relay
4:35	H.S. Girls 400 Meter Dash – Finals
4:40	H.S. Boys 400 Meter Dash – Finals
4:45	H.S. Girls 100 Meter Hurdles – Finals
4:50	H.S. Boys 110 Meter Hurdles – Finals
4:55	H.S. Girls 100 Meter Dash – Finals
5:00	H.S. Boys 100 Meter Dash – Finals
5:05	Special Olympics Girls 100 Meter Dash – Finals
5:10	Special Olympics Boys 100 Meter Dash – Finals
5:15	H.S. Girls Class B 4 x 400 Meter Relay
5:30	H.S. Girls Class A 4 x 400 Meter Relay
5:45	H.S. Girls Class AA 4 x 400 Meter Relay
6:00	H.S. Boys Class B 4 x 400 Meter Relay
6:15	H.S. Boys Class A 4 x 400 Meter Relay
6:30	H.S. Boys Class AA 4 x 400 Meter Relay