

# Eastern Relays 2020

## Meet Schedule

Friday All Friday events are at UofL

**4:15 pm Virtual Coaches Meeting (over PA)**

**4:30 pm Unified & Open Events**

- Unified 2x200m then
- Open Mile (non-scoring, no awards)
- Unified 2x50m
- Open 100m (non-scoring, no awards)
- Unified 4x100m

**Invitational Events- Schedule posted meet week**

- 1600m Inv. Sprint Relay (200-200-400-800),
- 4000m Inv. Distance Medley (1200-400-800-1600)
- Middle School Invitational Mile
- 800m Inv. Sprint Medley Relay (100-100-200-400),
- Invitational 3200m

5:00pm Unified Long Jump and Shot Put

**6:00pm Open Field Events**

Pole Vault, Long Jump, Triple Jump, Shot Put, Discus

Friday's Open running events (100m, Mile) are limited to 3 entries per team. We may also limit the DMR to 1 section and the SMRs to 2 sections if entries dictate.

Saturday

**8:30 am Virtual Coaches Meeting (over PA)**

**8:30 am First run field events report**

Girls Pole Vault, Girls & Boys Long Jump, Girls Discus, Boys High Jump, Boys Shot Put (Remaining field events will be called upon completion of first run.)

**9:15 am Invitational Running Events begin**

- 4x800m relay,
- 100/110m hurdles,
- 100m dash,
- 4x200m relay,
- Mile run,
- 4x100m relay,
- 400m dash,
- 300m hurdles,
- 800m run,
- 200m dash,
- 2000m Steeplechase,
- 4x400m relay

Typically the meet concludes around 5pm. After entries are closed we will post a projected time schedule.

**9:00 am Saturday Morning Open Events at DuPont Manual HS- Non-scoring, no awards:**

- 3200m,
- 400m,
- 800m

DuPont Manual HS's track is one city block from Cardinal Park and they have volunteered to include non-scoring, no award events for athletes who did not qualify for the invitational portion of the meet.

These will be contested on Saturday morning starting at 9am and the schedule will be announced after entries close.

**\*\*Schedule may be revised at meet management's discretion.**