



## Carolina Relays

March 21 & 22<sup>nd</sup>, 2014

*Tentative Schedule*

### Friday, March 21

#### Field Events

5:00- W Discus Followed by Men's (Fetzer Field/Belk Track)  
5:00- M High Jump followed by Women's  
5:00- W Long Jump  
5:00- M Long Jump  
5:00- M Shot Put followed by Women's  
6:15- B Pole Vault followed by Girl's  
6:30- B Long Jump  
6:30- G Long Jump

#### Running Events

5:00- M 2k Steeple  
5:15- B 2k Steeple  
5:30- W 2k Steeple  
5:45- G 2k Steeple  
6:00- M 200m  
6:30- W 200m  
7:00- M 5000m  
7:20- W 5000m  
7:45- B 4 x 800  
8:05- G 4 x 800

### Saturday, March 22

#### Field Events

10:00- B Discus followed by Girls (Fetzer Field/Belk Track)  
10:00 G Shot Put followed by Boys  
10:00 B High Jump followed by Girls  
11:00- M Hammer followed by Women's (Finley Field Cage)  
11:00- B Triple Jump  
11:00- G Triple Jump  
11:00- M Pole Vault followed by Women's  
2:30- W Javelin followed by Men's  
2:30- M Triple Jump  
2:30- W Triple Jump

#### Running Events

9:30- B 4 x 1600m relay  
10:00- G 4 x 1600m relay  
10:30- B 4 x 200m relay  
11:00- G 4 x 200m relay  
11:30- M 110m H (timed finals)

11:50- B 110m H (timed finals)  
12:30- W 100 H (timed finals)  
12:50- G 100 H (timed finals)  
1:30- M 400  
1:45- W 400  
2:00- M 4 x 100m  
2:15- W 4 x 100m  
2:30- B 4 x 100m  
2:45- G 4 x 100m  
3:00- M Carolina Mile  
3:20- W Carolina Mile  
3:40- B Carolina Mile (top 15 entries)  
3:50- G Carolina Mile (Top 15 entries)  
4:00- M Carolina Dash (100m)  
4:10- B Carolina Dash (100m- Top 16 entrants)  
4:20- W Carolina Dash (100m)  
4:30- G Carolina Dash (100m- Top 16 Entrants)  
4:40- M 800m  
4:55- W 800m  
5:10- M 400m H  
5:30- W 400m H  
5:50- M DMR  
6:05- B DMR  
6:30- W DMR  
6:45- G DMR  
7:10- M 4 x 400  
7:25- B 4 x 400  
7:45- W 4 x 400  
8:00- G 4 x 400



Featuring the Inaugural  
CAROLINA Mile and  
CAROLINA Dash to  
determine the fastest  
individuals in North  
Carolina and a Team  
Relay Championship to  
crown the best at getting  
the baton around!