

DICKINSON RELAYS
@ UNI
03/11/14

ASPI - 18719

12:25 PM
12:45 PM
2:30 PM

Dismiss from class
 Bus leaves from gym parking lot
 Team warm up

Wednesday
Thursday

Weights @ 2:10pm
Kingston @ 3:25pm

Shot Put 3 Entries (2 pits)	3:00 PM 9 to finals	Eivins 43-02.00	McInerney 34-08.00	Smith 41-00.00		
High Jump (5'6") 3 Entries (2 pits)	3:00 PM	Szabo				
Long Jump 3 Entries (2 pits)	3:00 PM 9 to finals	Chittick 17-03.50				
3200 M Invite (top 32 entries)	3:00 PM 2 heats					
4 X 200 M Relay 1 Entry	3:25 PM	Bounds 25.1	Beaton 23.73	Borseth 25.07	Furnish 24.09	1:38.06
4 X 800 M Relay 1 Entry	3:50 PM	Pady 2:17.46	Szabo 2:21.36	Baxter 2:14.86	Hitchings 2:14.19	9:07.87
60 M Hurd Pr (3) 16 to finals	4:15 PM	Bounds 8.87	Tomkins 9.48	Furnish 9.07		
60 M Dash Pr (3) 16 to finals	4:45 PM	Chittick 7.16	Karlan 7.04	Harbor 7.08		
1600 M Invite (top 36 entries)	5:15 PM 3 flights					
400 M Dash 3 Entries	5:35 PM	Short 56.22	May 55.48	Bonheur 57.46		
60 M Hurd Finals	6:15 PM					
60 M Dash Finals	6:25 PM	Karlan 7.00	Harbor 7.08			
200 M Dash 3 Entries	6:35 PM	Chittick 23.58	Karlan 23.10	Harbor 23.46		

800 M Run	7:00 PM	Baxter	Szabo	Cortez		
3 Entries		2:15.31	2:18.00	2:17.10		
4 X 400 M Relay	7:30 PM	Hitchings	Short	Pady	Borseth	
1 Entry		59.26	57.38	56.58	56.54	3:49.88

Team warm down

Things to bring:

Sweats
Speed suit
Shorts
Wear only school colors
Spikes, socks
Food

Meet notes:

Relay captain = lead off runner
If the schedule gets ahead, it will stay ahead.
Spikes will be allowed in this meet
Heats will be slow to fast

Do not leave your sweats unattended!!