

## FREEMAN DON DIEDE RELAYS

### FIELD EVENTS

<b>1:00</b>	<b>Girls High Jump</b>	<b>2:00</b>	<b>Boys High Jump</b>
	<b>Girls Shot Put</b>		<b>Boys Shot Put</b>
	<b>Girls Triple Jump</b>		<b>Boys Triple Jump</b>
	<b>Boys Discus</b>		<b>Girls Discus</b>
	<b>Boys Long Jump</b>		<b>Girls Long Jump</b>
	<b>Boys Pole Vault</b>		<b>Girls Pole Vault</b>

### TRACK EVENTS

<b>3:00</b>	<b>100 Meter Hurdles</b>	<b>Girls</b>
<b>3:15</b>	<b>110 Meter Hurdles</b>	<b>Boys</b>
<b>3:30</b>	<b>3200 Meter Relay</b>	<b>Girls, Boys</b>
<b>4:00</b>	<b>100 Meter Dash</b>	<b>Girls, Boys</b>
<b>4:25</b>	<b>800 Meter Relay</b>	<b>Girls, Boys</b>
<b>4:45</b>	<b>1600 Meter Run</b>	<b>Girls, Boys</b>
<b>5:10</b>	<b>400 Meter Relay</b>	<b>Girls, Boys,</b>
<b>5:25</b>	<b>400 Meter Dash</b>	<b>Girls, Boys</b>
<b>6:15</b>	<b>300 Meter Hurdles</b>	<b>Girls, Boys</b>
<b>6:40</b>	<b>Medley Relay</b>	<b>Girls, Boys</b>
<b>7:05</b>	<b>800 Meter Run</b>	<b>Girls, Boys</b>
<b>7:25</b>	<b>200 Meter Dash</b>	<b>Girls, Boys</b>
<b>7:55</b>	<b>400 Meter Weight Relay</b>	<b>CO-ED</b>
<b>8:00</b>	<b>3200 Meter Run</b>	<b>Girls, Boys</b>
<b>8:25</b>	<b>1600 Meter Relay</b>	<b>Girls, Boys</b>