

# Drake RELAYS

PRESENTED BY **HyVee**

## 2019 DRAKE RELAYS APRIL 24-27 DES MOINES, IA

### Saturday, April 20, 2019

7:30 a.m. Half Marathon/10K Drake Road Races  
7:45 a.m. 5K Drake Road Races

### Tuesday, April 23, 2019

6:00 p.m. Grand Blue Mile Downtown

### Wednesday, April 24, 2019

11:30 a.m. Decathlon Men, Day 1  
12:30 p.m. Heptathlon Women, Day 1  
6:00 p.m. Vault at Capital Square 4th/Locust

### Thursday, April 25, 2019

10:30 a.m. Decathlon Men, Day 2  
11:00 a.m. Heptathlon Women, Day 2

#### Distance Carnival

4:30 p.m. 800m (Unseeded) UD/CD, Women, Final  
4:39 p.m. 800m (Unseeded) UD/CD, Men, Final  
4:46 p.m. 1500m (Unseeded) UD/CD, Women, Final  
4:59 p.m. 1500m (Unseeded) UD/CD, Men, Final  
5:10 p.m. 240 Yard Shuttle ES, Youth, Final  
5:25 p.m. 3200m HS, Boys, Final  
5:40 p.m. 3000m HS, Girls, Final  
5:55 p.m. 10,000m Open, Women, Final  
6:35 p.m. 10,000m Open, Men, Final  
7:08 p.m. 3000m Steeple UD/CD, Women, Final  
7:22 p.m. 3000m Steeple UD/CD, Men, Final  
7:33 p.m. 5000m (Unseeded) Open, Women, Final  
7:53 p.m. 5000m (Seeded) Open, Women, Final  
8:22 p.m. 5000m (Unseeded) Open, Men, Final  
8:37 p.m. 5000m (Seeded) Open, Men, Final

#### Field Events

4:00 p.m. Discus HS, Girls, Final  
4:30 p.m. High Jump HS, Boys, Final  
4:30 p.m. Shot Put HS, Boys, Final  
5:00 p.m. Long Jump HS, Girls, Final

### Friday, April 26, 2019

8:00 a.m. 100mH HS, Girls, Prelim  
8:15 a.m. 110mH HS, Boys, Prelim  
8:30 a.m. 100m HS, Girls, Prelim  
8:40 a.m. 100m HS, Boys, Prelim  
8:50 a.m. 4x800m CD, Women, Final  
9:04 a.m. 4x800m CD, Men, Final  
9:15 a.m. 4x100m CD, Women, Prelim  
9:33 a.m. 4x100m CD, Men, Prelim  
**9:49 a.m. 800m Medley HS, Girls, Final**  
**10:02 a.m. 1600m Medley HS, Boys, Final**  
10:21 a.m. 800m Masters, Men/Women, Final  
10:31 a.m. 100mH HS, Girls, Final  
10:36 a.m. 110mH HS, Boys, Final  
10:42 a.m. 4x1600m UD/CD, Women, Final

#### Officials Break

11:05 a.m. **Officials Break**  
11:45 a.m. 4x1600m UD/CD, Men, Final  
12:10 p.m. 100mH UD/CD, Women, Prelim  
12:25 p.m. 110mH UD/CD, Men, Prelim  
12:40 p.m. 4x200m HS, Girls, Final  
12:53 p.m. 4x200m HS, Boys, Final  
1:06 p.m. Special Olympics 4x100m Coed, Final  
1:13 p.m. 4x100m UD, Women, Prelim  
1:22 p.m. 4x100m UD, Men, Prelim  
1:33 p.m. 400mH UD/CD, Women, Final

1:46 p.m. 400mH UD/CD, Men, Final  
2:02 p.m. 800m HS, Girls, Final  
2:09 p.m. 800m HS, Boys, Final  
2:15 p.m. 100m Paralympic, Men, Final  
2:20 p.m. 100m HS, Girls, Final  
2:25 p.m. 100m HS, Boys, Final  
2:31 p.m. 100m UD/CD, Women, Prelim  
2:51 p.m. 100m UD/CD, Men, Prelim  
2:59 p.m. 4x400m CD, Women, Prelim  
3:22 p.m. 4x400m CD, Men, Prelim  
3:45 p.m. **Session Ends- Clear the Stadium**

#### Field Events

8:30 a.m. Shot Put HS, Girls, Final  
9:00 a.m. Discus HS, Boys, Final  
9:30 a.m. Long Jump (North) HS, Boys, Final  
9:45 a.m. High Jump HS, Girls, Final  
10:00 a.m. Long Jump UD/CD, Women, Final  
10:00 a.m. Javelin UD/CD, Men, Final  
11:00 a.m. Shot Put UD/CD, Men, Final  
12:30 p.m. Pole Vault UD/CD, Women, Final  
1:00 p.m. High Jump UD/CD, Men, Final  
1:00 p.m. Discus UD/CD, Women, Final  
1:30 p.m. Javelin UD/CD, Women, Final  
1:30 p.m. Triple Jump UD/CD, Men, Final

### Friday Night, April 26, 2019

5:00 p.m. 1600m Medley MS, Girls, Final  
5:07 p.m. 1600m Medley MS, Boys, Final  
5:14 p.m. 200m UD/CD, Women, Final  
5:22 p.m. 200m UC/CD, Men, Final  
**5:34 p.m. 4x800m HS, Girls, Final**  
**5:48 p.m. 4x800m HS, Boys, Final**  
6:02 p.m. 4x100m MS, Girls, Final  
6:19 p.m. 4x100m MS, Boys, Final  
6:37 p.m. 1500m UD/CD, Women, Final  
6:43 p.m. 1500m UD/CD, Men, Final  
6:49 p.m. 400m HS, Girls, Final  
6:55 p.m. 400m HS, Boys, Final  
7:00 p.m. Sprint Medley CD, Women, Final  
7:19 p.m. Sprint Medley CD, Men, Final  
**7:43 p.m. 200m Invitational, Men, Final**  
**7:51 p.m. 400mH TC Invite, Men, Final**  
**8:01 p.m. 4x800m UD, Women, Final**  
**8:12 p.m. 4x800m UD, Men, Final**  
8:21 p.m. 4x400m HS, Girls, Prelims  
8:39 p.m. 4x400m HS, Boys, Prelims

#### Field Events

5:30 p.m. Shot Put UD/CD, Women, Final  
5:45 p.m. Long Jump TC Invite, Women, Final  
5:55 p.m. High Jump TC Invite, Men, Final  
6:00 p.m. Pole Vault WS Invite, Women, Final

### Saturday, April 27, 2019

8:00 a.m. Shuttle Hurdle HS, Girls, Prelim  
8:15 a.m. Shuttle Hurdle HS, Boys, Prelim  
8:30 a.m. Distance Medley Iowa CD, Women, Final  
8:45 a.m. Distance Medley Iowa CD, Men, Final  
9:00 a.m. Distance Medley CD, Women, Final  
9:15 a.m. Distance Medley CD, Men, Final  
9:28 a.m. 4x100m HS, Girls, Prelims  
10:03 a.m. 4x100m HS, Boys, Prelims

10:40 a.m. 4x200m UD/CD, Women, Final  
10:55 a.m. 4x200m UD/CD, Men, Final  
**11:10 a.m. Distance Medley UD, Women, Final**  
**Officials Break**  
11:25 a.m. HS, Girls, Final  
12:10 p.m. Shuttle Hurdle HS, Boys, Final  
12:15 p.m. Shuttle Hurdle HS, Boys, Final  
12:20 p.m. Shuttle Hurdle UD/CD, Women, Final  
12:35 p.m. Shuttle Hurdle UD/CD, Men, Final  
**12:51 p.m. Distance Medley UD, Men, Final**  
1:11 p.m. 400mH HS, Girls, Final  
1:18 p.m. 400mH HS, Boys, Final  
1:28 p.m. 200m Paralympic, Men, Final  
**1:32 p.m. Sprint Medley UD, Women, Final**  
**1:44 p.m. Sprint Medley UD, Men, Final**  
**2:04 p.m. 1500m Invitational, Women, Final**  
2:12 p.m. 100m UD/CD, Women, Final  
2:16 p.m. 100m UD/CD, Men, Final  
**2:22 p.m. 400mH TC Invite, Women, Final**  
**2:28 p.m. Mile Invitational, Men, Final**  
2:36 p.m. 100mH UD/CD, Women, Final  
**2:42 p.m. 100mH WS Invite, Women, Final**  
2:48 p.m. 110mH UD/CD, Men, Final  
**2:54 p.m. 110mH WS Invite, Men, Final**  
3:00 p.m. 800m UD/CD, Women, Final  
3:05 p.m. 800m UD/CD, Men, Final  
**3:11 p.m. 4x100m UD, Women, Final**  
**3:16 p.m. 4x100m UD, Men, Final**  
3:21 p.m. 4x100m CD, Women, Final  
3:26 p.m. 4x100m CD, Men, Final  
**3:32 p.m. 4x100m HS, Girls, Final**  
**3:37 p.m. 4x100m HS, Boys, Final**  
**3:42 p.m. Invitational 4x400m UD, Women, Final**  
**3:49 p.m. Invitational 4x400m UD, Men, Final**  
4:00 p.m. 4x400m (Unseeded) UD, Women, Final  
4:10 p.m. 4x400m (Unseeded) UD, Men, Final  
4:20 p.m. 1500m HS, Girls, Final  
4:26 p.m. 1600m HS, Boys, Final  
4:32 p.m. 4x400m CD, Women, Final  
4:38 p.m. 4x400m CD, Men, Final  
4:43 p.m. 4x400m HS, Girls, Final  
4:49 p.m. 4x400m HS, Boys, Final  
4:55 p.m. 2019 Drake Relays Ends

#### Field Events

9:00 a.m. Hammer UD/CD, Women, Final  
9:45 a.m. Triple Jump UD/CD, Women, Final  
10:30 a.m. Pole Vault UD/CD, Men, Final  
11:00 a.m. Discus UD/CD, Men, Final  
11:00 a.m. High Jump UD/CD, Women, Final  
1:00 p.m. Long Jump UD/CD, Men, Final  
1:00 p.m. Hammer UD/CD, Men, Final  
1:35 p.m. High Jump TC Invite, Women, Final  
1:45 p.m. Pole Vault WS Invite, Men, Final  
2:15 p.m. Shot Put TC Invite, Men, Final

#### Hy-Vee Cup Events in Red

ES – Elementary School | MS – Middle School  
HS – High School | CD – College | UD – University  
TC Invite - Tokyo Countdown | WS Invite - World Showdown  
Masters - Age 40+