

2019 Don Holder Relays

Schedule of Events

	Running Events:		Field Events:
10:00 AM	Girls' Varsity 3200m	10:00 AM	Girls' Frosh & Varsity High Jump
10:20 AM	Boys' Frosh-Soph 1600m		Boys' Frosh-Soph & Varsity High Jump
10:30 AM	Girls' Frosh 1600m		Girls' Varsity & Frosh Long Jump
10:40 AM	Boys' Frosh-Soph 110m High Hurdles		Boys' Varsity Discus
10:55 AM	Girls' Frosh 100m Hurdles		Girls' Varsity Shot
11:05 AM	Boys' Frosh-Soph 100m		Boys' Varsity Javelin
11:20 AM	Girls' Frosh 100m		Boys' Varsity Long Jump
11:30 AM	Boys' Varsity 100m		Boys' Varsity & Frosh-Soph Pole Vault
12:00 PM	Girls' Varsity 100m		Girls' Varsity Pole Vault
12:30 PM	Boys' Varsity 1600m	12:30 PM	Girls' Varsity Javelin
12:50 PM	Girls' Varsity 1600m		Girls' Varsity Triple Jump
1:05 PM	Boys' Frosh-Soph 4 x 100m Relay		Boys' Varsity Shot
1:15 PM	Girls' Frosh 4 x 100m Relay		Boys' Varsity Triple Jump
1:25 PM	Boys' Varsity 4 x 100m Relay		Girls' Varsity Discus
1:35 PM	Girls' Varsity 4 x 100m Relay		
1:50 PM	Boys' Varsity 300m Hurdles		
2:05 PM	Girls' Varsity 300m Hurdles	2:30 PM	Girls' Frosh Discus
2:20 PM	Boys' Frosh-Soph 400m		
2:30 PM	Girls' Frosh 400m	3:00 PM	Boys' Frosh-Soph Shot
2:40 PM	Boys' Varsity 400m		
2:50 PM	Girls' Varsity 400m		
3:05 PM	Boys' Varsity 2,000m Steeplechase		
3:20 PM	Girls' Varsity 2,000m Steeplechase		
3:45 PM	Boys' Varsity DMR (1200m, 400m, 800m 1600m)		
4:00 PM	Girls' Varsity DMR(1200m,400m,800m,1600m)		
4:15 PM	Boys' Frosh-Soph 800m		
4:30 PM	Girls' Frosh 800m		
4:45 PM	Coaches Co-Ed 1600m 'Open'		
5:00 PM	Boys' Varsity 3200m		
5:15 PM	Girls' Varsity 4 x 400m Relay		
5:25 PM	Boys' Varsity 4 x 400m Relay		
5:35 PM	Girls' Varsity 4 x 100m Throwers Relay		
5:45 PM	Boys' Varsity 4 x 100m Throwers Relay		