

**Howard Wood Dakota Relays- 5/3/19**

**SINCE WE ARE NOT TAKING A TEAM BUS, YOU ARE ON YOUR OWN FOR TRANSPORTATION. YOU NEED TO ARRIVE AT LEAST AN HOUR AND A HALF PRIOR TO YOUR EVENT FOR PROPER WARM-UP. THOSE OF YOU COMPETING BEFORE 5 ON FRIDAY ARE DISMISSED FROM SCHOOL AT NOON. PLEASE CHECK OUT WITH YOUR ATTENDANCE OFFICES. ALL RELAYS WILL NEED TO GET RELAY CARDS AND BATONS FROM COACH SHADE ON FRIDAY AND COACH WAGONER ON SATURDAY. RELAY ALTERNATES NEED TO MAKE SURE AND WARM-UP WITH THOSE RELAYS THEY ARE LISTED ON UNLESS THEY ARE COMPETING AT THAT TIME. Camp will be located on the north side by the fieldhouse.**

Friday Afternoon and Evening			
Field Event	Athlete	Athlete	Athlete
3:30 p.m. Boys Shot Put- min. 45'1"	Dwyer	Amato- alternate	B. Kohls- alternate
3:30 p.m. Girls Triple Jump- min. 32'5"	No Entry		
6:00 p.m. Boys Triple Jump- min. 40'2"	Karpen- alternate		
6:00 p.m. Girls Shot Put- min. 35'	Greer		
Running Event	Athlete	Athlete	Athlete
2:00 p.m. Girls 100m Hurdles - Prelims -	Hemenway		
2:20 p.m. Boys 110m Hurdles - Prelims -	Zwiefel	Howell	
2:50 p.m. Girls 100m Dash - Prelims -	No Entry		
3:05 p.m. Boys 100m Dash - Prelims -	No Entry		
4:10 p.m. Girls 'AA' 4 x 800 Relay	Geurts, Grismer, Watkins, D. Howard Alt. Weiland		
4:50 p.m. Girls 400m Dash - Prelims -	Espino		
5:00 p.m. Boys 400m Dash - Prelims -	Boll-alternate		
5:15 p.m. Girls 100m Hurdles - Semis -			
5:25 p.m. Boys 110m Hurdles - Semis -			
5:35 p.m. Girls 100m Dash - Semis -			
5:40 p.m. Boys 100m Dash - Semis -			
6:25 p.m. Boys 'AA' 4 x 800 Relay	Dannenbring, Ferri, Jaimes, Reese Alt. Stanton		
7:30 p.m. Boys Special 800m Run	No Entry		
8:00 p.m. Girls Special 200m Dash	No Entry		
8:10 p.m. Girls 3200m Run	D. Howard	Weiland	
8:40 p.m. Boys 3200m Run	Reese- alternate	Ferri- alternate	
Saturday Morning and Afternoon Session			
Field Event	Athlete	Athlete	Athlete
9:00 a.m. Girls Discus- min. 108'2"	Tuschen	Greer	Dicus
9:00 a.m. Boys Pole Vault- start at 11' Top 35	Moon		
9:00 a.m. Girls High Jump- start at 4'10" Top 35	Immeker		
11:30 a.m. Boys Discus- min. 136'01"	No Entry		
11:30 p.m. Girls Long Jump (pit 1)- min. 15'05"	No Entry		
12:00 p.m. Boys High Jump- start at 5'11" Top 35	No Entry		
1:30 p.m. Girls Pole Vault- min 8'3" Top 35	Kelley	Burdick	
2:00 p.m. Boys Long Jump (pit 2)- min. 19'07"	Karpen- alternate		
2:00 p.m. Girls Javelin	No Entry		
3:30 p.m. Boys Javelin	No Entry		
Running Event	Athlete	Athlete	Athlete
9:40 a.m. Girls 'AA' Sprint Medley	Kelley, Roggenbuck, Espino, Geurts Alt. Grismer, Nelson		
11:20 a.m. Boys 'AA' Sprint Medley	Hughes, VanderVelde, Boll, Dannenbring Alt. Roggenbuck, Jaimes, Ad. Kusler		
11:55 a.m. Girls 'AA' 4 x 200 Relay	Kelley, Roggenbuck, Nelson, Espino Alt. Blogg		
12:55 p.m. Boys 'AA' 4 x 200 Relay	Ad. Kusler, Hughes, Roggenbuck, VanderVelde Alt. Aa Kusler		
1:05 p.m. Girls 1600m Run	Geurts	Watkins	Weiland
1:30 p.m. Boys 1600m Run	Jaimes- alternate	Ferri- alternate	Reese- alternate
2:35 p.m. Girls 300m Hurdles	Giblin- alternate	Krause- alternate	
2:55 p.m. Boys 300m Hurdles	Fleming	Howell- alternate	Zwiefel- alternate
3:45 p.m. Girls 'AA' 4 x 100 Relay	Kelley, Nelson, Roggenbuck, Gall Alt. Blogg		
4:15 p.m. Boys 'AA' 4 x 100 Relay	Ad. Kusler, Hughes, M. Miller, VanderVelde Alt. Aa. Kusler		
4:35 p.m. Girls 400m Dash - Finals -			
4:40 p.m. Boys 400m Dash - Finals -			
4:45 p.m. Girls 100m Hurdles - Finals -			
4:50 p.m. Boys 110m Hurdles - Finals -			
4:55 p.m. Girls 100m Dash - Finals -			
5:00 p.m. Boys 100m Dash - Finals -			
5:45 p.m. Girls 'AA' 4 x 400 Relay	Grismer, Geurts, Roggenbuck, Nelson Alt. Watkins		
6:30 p.m. Boys 'AA' 4 x 400 Relay	Amidu, Roggenbuck, Dannenbring, Fleming Alt. Jaimes		