

DON DIEDE RELAYS
Freeman High School – May 5, 2026

<u>FIELD EVENTS</u>		12:30 pm	Boys/Girls Javelin and Boys High Jump
1:00	Girls Shot Put	2:00	Boys Shot Put
	Girls Triple Jump		Boys Triple Jump
	Boys Pole Vault		Girls Pole Vault
	Boys Discus		Girls Discus
	Boys Long Jump		Girls Long Jump
	Boys High Jump		

National Anthem at 2:55 pm

TRACK EVENTS –

3:00	100 Meter Hurdles	Girls
3:05	110 Meter Hurdles	Boys
3:15	3200 Meter Relay	Girls, Boys
3:45	100 Meter Dash	Girls, Boys
4:10	800 Meter Relay	Girls, Boys
4:20	1600 Meter Run	Girls, Boys
4:50	400 Meter Relay	Girls, Boys
5:05	400 Meter Dash	Girls, Boys
5:25	300 Meter Hurdles	Girls, Boys
5:40	Medley Relay	Girls, Boys
6:00	800 Meter Run	Girls, Boys
6:15	200 Meter Dash	Girls, Boys
6:35	400 Meter Weight Relay	CO-ED
6:45	3200 Meter Run	Girls, Boys
7:15	1600 Meter Relay	Girls, Boys

** We will run ahead of schedule if possible.