

Drake RELAYS

PRESENTED BY  XTREAM
POWERED BY Mediacom

Sunday, April 21, 2024

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

Tuesday, April 23, 2024

6:00 p.m. Grand Blue Mile Downtown
7:15 p.m. USATF 1-Mile Championships

Wednesday, April 24, 2024

11:30 a.m. Decathlon Men, Day 1
12:30 p.m. Heptathlon Women, Day 1
6:00 p.m. Team Shot Put Showcase

Thursday, April 25, 2024

11:30 a.m. Decathlon Men, Day 2
12:30 p.m. Heptathlon Women, Day 2

Distance Carnival

4:30 p.m. 4x800m CD, Women, Final
4:44 p.m. 4x800m CD, Men, Final
4:58 p.m. 1500m (Unseeded) UD/CD, Women, Final
5:10 p.m. 1500m (Unseeded) UD/CD, Men, Final
5:22 p.m. 240 Yard Shuttle ES, Youth, Final
5:34 p.m. 800m (Unseeded) UD/CD, Women, Final
5:43 p.m. 800m (Unseeded) UD/CD, Men, Final
5:52 p.m. 3200m HS, Boys, Final
6:07 p.m. 3000m HS, Girls, Final
6:24 p.m. 3000m Steeple Open, Women, Final
6:48 p.m. 3000m Steeple Open, Men, Final
7:12 p.m. 5000m (Unseeded) Open, Women, Final
7:32 p.m. 5000m (Seeded) Open, Women, Final
7:52 p.m. 5000m (Unseeded) Open, Men, Final
8:11 p.m. 5000m (Seeded) Open, Men, Final
8:29 p.m. 10000m Invite, Women, Final
9:09 p.m. 10000m Invite, Men, Final

Session Ends- Clear the Stadium

Field Events

2:30 p.m. Discus HS, Boys, Final
3:00 p.m. Shot Put HS, Girls, Final
4:30 p.m. High Jump HS, Girls, Final
4:30 p.m. Javelin Elite, Women, Final
5:00 p.m. Hammer Elite, Men, Final
5:00 p.m. Long Jump HS, Boys, Final
5:20 p.m. Seated Shot Put Para, COED, Final
5:50 p.m. Seated Javelin Para, COED, Final
6:30 p.m. Hammer Elite, Women, Final
6:45 p.m. Javelin Elite, Men, Final

Friday, April 26, 2024

8:30 a.m. 100mH HS, Girls, Prelim
8:44 a.m. 110mH HS, Boys, Prelim
8:58 a.m. 100m HS, Girls, Prelim
9:08 a.m. 100m HS, Boys, Prelim
9:18 a.m. 4x100m CD, Women, Prelim
9:32 a.m. 4x100m CD, Men, Prelim
9:45 a.m. 800m Medley HS, Girls, Final
9:59 a.m. 1600m Medley HS, Boys, Final
10:18 a.m. 800m Masters, COED, Final
10:29 a.m. 100mH HS, Girls, Final
10:34 a.m. 110mH HS, Boys, Final
10:39 a.m. 4x1600m UD/CD, Women, Final

Officials Break

11:50 a.m. 400m Wheelchair HS, Coed, Final
11:55 a.m. 800m Wheelchair Para, COED, Final
12:00 p.m. 4x1600m UD/CD, Men, Final
12:20 p.m. 100mH UD/CD, Women, Prelim
12:34 p.m. 110mH UD/CD, Men, Prelim
12:48 p.m. 4x200m HS, Girls, Final
1:01 p.m. 4x200m HS, Boys, Final
1:14 p.m. Special Event
1:22 p.m. 4x100m UD, Women, Prelim
1:31 p.m. 4x100m UD, Men, Prelim
1:40 p.m. 800m UD/CD, Women, Final

1:46 p.m. 800m HS, Girls, Final
1:53 p.m. 800m UD/CD, Men, Final
1:59 p.m. 800m HS, Boys, Final
2:08p.m. 400mH UD/CD, Women, Final
2:21 p.m. 400mH UD/CD, Men, Final
Special Event
2:39p.m. 100m UD/CD, Women, Prelim
2:50 p.m. 100m HS, Girls, Final
2:55 p.m. 100m UD/CD, Men, Prelim
3:06 p.m. 100m HS, Boys, Final
3:11 p.m. 4x400m CD, Women, Prelim
3:34 p.m. 4x400m CD, Men, Prelim
3:57 p.m. **Session Ends- Clear the Stadium**

Field Events

8:30 a.m. Discus HS, Girls, Final
8:30 a.m. Long Jump HS, Girls, Final
9:00 a.m. Shot Put HS, Boys, Final
10:00 a.m. Triple Jump UD/CD, Women, Final
11:00 a.m. High Jump HS, Boys, Final
11:00 a.m. Discus UD/CD, Women, Final
11:15 a.m. Shot Put UD/CD, Men, Final
12:00 p.m. Triple Jump Champ, Women, Final
1:00 p.m. Pole Vault UD/CD, Women, Final
1:15 p.m. Triple Jump UD/CD, Men, Final
1:30 p.m. High Jump UD/CD, Men, Final
1:45 p.m. Discus UD/CD, Men, Final
1:45 p.m. Shot Put UD/CD, Women, Final
2:45 p.m. Triple Jump Champ, Men, Final

Friday Night at the Drake Relays

5:00 p.m. 1600m Medley MS, Girls, Final
5:07 p.m. 1600m Medley MS, Boys, Final
5:14 p.m. 400m UD/CD, Women, Final
5:26 p.m. 400m HS, Girls, Final
5:32 p.m. 400m UD/CD, Men, Final
5:44 p.m. 400m HS, Boys, Final
5:52 p.m. 4x100m MS, Girls, Final
6:05 p.m. 4x100m MS, Boys, Final
6:18 p.m. Sprint Medley CD, Women, Final
6:33 p.m. Sprint Medley CD, Men, Final
6:48 p.m. 1500m UD/CD, Women, Final
6:54 p.m. 1500m UD/CD, Men, Final
7:02 p.m. 4x800m UD, Women, Final
7:12 p.m. 4x800m UD, Men, Final
7:22 p.m. 4x200m UD/CD Women, Final
7:34 p.m. 4x200m UD/CD Men, Final
7:46 p.m. Special Event
7:56 p.m. 3000m Steeple Elite, Women, Final
8:21 p.m. 4x400m HS, Girls, Prelim
8:38 p.m. 4x400m HS, Boys, Prelim

Session Ends- Clear the Stadium

Field Events

5:00 p.m. Discus Champ, Women, Final
5:00 p.m. Long Jump UD/CD, Women, Final
5:05 p.m. Pole Vault Champ, Women, Final
6:00 p.m. High Jump Champ, Men, Final
6:15 p.m. Shot Put Champ, Women, Final
6:15 p.m. Discus Champ, Men, Final
7:00 p.m. Long Jump Champ, Women, Final
7:30 p.m. Shot Put Champ, Men, Final

Saturday, April 27, 2024

8:10 a.m. Shuttle Hurdle HS, Girls, Prelim
8:25 a.m. Shuttle Hurdle HS, Boys, Prelim
8:40 a.m. Distance Medley Iowa CD, Women, Final
8:55 a.m. Distance Medley Iowa CD, Men, Final
9:10 a.m. Distance Medley CD, Women, Final
9:25 a.m. Distance Medley CD, Men, Final
9:40 a.m. 4x100m HS, Girls, Prelim
10:12 a.m. 4x100m HS, Boys, Prelim

10:44 a.m. 4x800m HS, Girls, Final
10:59 a.m. 4x800m HS, Boys, Final
11:14 a.m. **Officials Break**
11:57 p.m. Shuttle Hurdle HS, Girls, Final
12:02 p.m. Shuttle Hurdle UD/CD, Women, Final
12:17 p.m. Shuttle Hurdle HS, Boys, Final
12:22 p.m. Shuttle Hurdle UD/CD, Men, Final
12:37 p.m. Special Event
12:42 p.m. Distance Medley UD, Women, Final
12:56 p.m. Distance Medley UD, Men, Final
1:10 p.m. Special Event
1:17 p.m. 400mH HS, Girls, Final
1:24 p.m. 400mH HS, Boys, Final
1:31 p.m. 100m UD/CD, Women, Final
1:43 p.m. 100m UD/CD, Men, Final
1:51 p.m. 100mH UD/CD, Women, Final
1:58 p.m. 110mH UD/CD, Men, Final
2:05 p.m. 800m Elite, Women, Final
2:12 p.m. 1500m Elite, Men, Final
2:24 p.m. 400mH Elite, Men, Final
2:31 p.m. 400mH Elite, Women, Final
2:37 p.m. Sprint Medley UD, Women, Final
2:50 p.m. Sprint Medley UD, Men, Final
3:03 p.m. 100mH Elite, Women, Final
3:08 p.m. 110mH Elite, Men, Final
3:13 p.m. 4x100m UD, Women, Final
3:18 p.m. 4x100m UD, Men, Final
3:23 p.m. 1500m Elite, Women, Final
3:33 p.m. 800m Elite, Men, Final
3:40 p.m. Invitational 4x400m UD, Women, Final
3:47 p.m. Invitational 4x400m UD, Men, Final
4:00 p.m. 4x400m UD, Women, Final
4:07 p.m. 4x400m UD, Men, Final
4:14 p.m. 4x100m CD, Women, Final
4:19 p.m. 4x100m CD, Men, Final
4:24 p.m. 4x100m HS, Girls, Final
4:29 p.m. 4x100m HS, Boys, Final
4:34 p.m. 1500m HS, Girls, Final
4:42 p.m. 1600m HS, Boys, Final
4:50 p.m. 4x400m CD, Women, Final
4:57 p.m. 4x400m CD, Men, Final
5:04 p.m. 4x400m HS, Girls, Final
5:11 p.m. 4x400m HS, Boys, Final
5:18 p.m. **Session Ends - Clear the Stadium**

Field Events

10:00 a.m. Hammer UD/CD, Men, Final
10:00 a.m. Pole Vault UD/CD, Men, Final
10:15 a.m. Javelin UD/CD, Women, Final
11:00 a.m. High Jump UD/CD, Women, Final
12:15 p.m. Hammer Champ, Men, Final
12:30 p.m. Javelin Champ, Women, Final
1:00 p.m. Long Jump UD/CD, Men, Final
1:15 p.m. Shot Put Elite, Women, Final
1:30 p.m. Pole Vault Elite, Men, Final
1:45 p.m. Hammer UD/CD, Women, Final
1:50 p.m. Javelin UD/CD, Men, Final
2:10 p.m. Special Event
2:30 p.m. Shot Put Elite, Men, Final
3:00 p.m. Long Jump Champ, Men, Final
3:00 p.m. High Jump Champ, Women, Final
3:30 p.m. Pole Vault Champ, Men, Final
4:00 p.m. Javelin Champ, Men, Final
4:00 p.m. Hammer Champ, Women, Final
4:05 p.m. Shot Put Masters, COED, Final

Relays Cup Events | Xtream Sprint Series

ES – Elementary School | MS – Middle School
HS – High School | CD – College | UD – University
Elite - Invitational | Masters - Age 40+