

# 2022 TENNESSEE RELAYS

Hosted by the University of Tennessee at Tom Black Track at LaPorte Stadium

<b>Thursday, April 7</b>		<b>Friday, April 8</b>		<b>Saturday, April 9</b>	
<b>MULTI EVENTS</b>		<b>MULTI EVENTS</b>		<b>SENIOR RECOGNITIONS</b>	
11:00a	W Heptathlon 100h-HJ-SP-200m	11:00a	M Scott Hartman Decathlon 110h-DT-PV-JAV-1500m	12:30P	Tennessee Sr. Recognitions Special Recognitions
11:10a	M Scott Hartman Decathlon 100m-LJ-SP-HJ-400m	11:30a	W Heptathlon LJ-JAV-800m		National Anthem
<b>FIELD EVENTS</b>		<b>RUNNING EVENTS</b>		<b>RUNNING EVENTS</b>	
4:00p	W Hammer	2:35p	M 110m Hurdles	1:00p	W 4x1500m
6:30p	M Hammer	2:50p	W 100m Hurdles	1:20p	M 4x1500m
		3:10p	M 100m	1:40p	W DMR
		3:30p	W 100m	2:00p	M DMR
9:30p	W 10,000m	3:50p	M 400m Hurdles	2:20p	W Sprint Medley Relay
		4:05p	W 400m Hurdles	2:40p	M Sprint Medley Relay
		4:20p	M 400m	3:00p	W 4x100m
		4:40p	W 400m	3:20p	M 4x100m
		5:00p	M 800m	3:40p	W 4x800m
		5:15p	W 800m	4:00p	M 4x800m
		5:30p	M 200m	4:15p	W 4x400m
		5:45p	W 200m	4:35p	M 4x400m
		<b>6:00-7:30p</b>	<b>POWER HOUR</b>		
<b>POWER HOUR - 1 section of best athletes</b>			M 1500m		<b>FIELD EVENTS</b>
<b>FRIDAY, APRIL 8</b>			W 1500m	11:00a	W Discus
M/W Shot Put flight of 9			M 3000 Steeplechase		M Pole Vault
M/W Long Jump flight of 9			W 3000 Steeplechase	1:00p	M High Jump
W Invite Pole Vault			M 5000m		W Triple Jump
M 100m			W 5000m	2:00p	M Discus
W 100m			<b>FIELD EVENTS</b>		W Pole Vault
M 400m Hurdles		2:00p	W Long Jump	3:00p	M Triple Jump
W 400m Hurdles		4:00p	M Long Jump		
M 400m			W Shot Put		
W 400m		4:30p	M Javelin		
M 800m		5:00p	W High Jump		
W 800m		7:00p	M Shot Put		
M 200m			W Javelin		
W 200m					
M 1500m					
W 1500m					

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**TRACK & FIELD**