

SCOTCH PLAINS-FANWOOD HIGH SCHOOL RAIDERS TRACK & FIELD DUAL MEET ORDER OF EVENTS

Running Events	
<i>The order of the running events is always the same. The home team establishes whether the boys or the girls compete first. At smaller meets, the boys' & girls' 1600 may be contested simultaneously and scored separately. The same would generally apply to the 3200 as well.</i>	
<i>Any event 400 meters or less in length is contested in lanes. Runners must remain in their lanes for the entirety of their race.</i>	
<i>Any event 800 meters or more in length is contested from a scratch start. Runners may cut to the inside once they have a full stride on the competitor(s) they are passing.</i>	
<i>Only the first leg of the 4 x 400 is contested in lanes.</i>	
Boys	Girls
400 IH (36")	400 LH (30")
100	100
1600	1600
400	400
110 HH (39")	100 HH (33")
800	800
200	200
3200	3200
4 x 400	4 x 400

Jumping Events
<i>The order of the jumping events is established by the home team.</i>
Triple Jump
Long Jump
High Jump
Pole Vault

Throwing Events
<i>The order of the throwing events is established by the home team. Generally, the javelin is contested first.</i>
<i>Depending on the meet venue, the boys' shot put may be contested simultaneously with the girls' discus, as an example.</i>
Javelin
Shot Put
Discus