

Order of Events

4x1600 Relay (8:30 am start)
3x400 IH
4x100 Relay
4x800 Relay
Shuttle Hurdle Relays
4x200 Relay
Sprint Medley
Distance Medley Relay
4x400 Relay

Field Event Relays (2 man)

Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put
Discus
Javelin

Field Event Order:

1 pit

Boys High Jump (5'2 opening ht).....Girls (4'2 opening ht) will Follow

2 pits (Girls LJ will run while the Boys TJ runs)

Girls Long Jump.....Boys will Follow

Triple Jump Boys.....Girls will Follow

1 pit

Girls PV (7'0 opening).....Boys (9'0) will Follow

Shot put Boys and Girls at the same time (2 circles)

After the Shot Put

Boys JavelinGirls Discus

Boys Discus ----Girls Javelin