

Order of Events w/ Times

TRACK EVENTS

3:00 3200 RUN/G
3:20 110M HURDLES/B
3:30 100M HURDLES/G
3:40 100M DASH/B
3:45 100M DASH/G
3:50 1600M RUN/B
4:00 1600M RUN/G
4:10 400M RELAY/B
4:15 400M RELAY/G
4:20 400M DASH/B
4:25 400M DASH/G
4:35 300M HURDLES/B
4:40 300M HURDLES/G
4:50 800M RUN/B
4:55 800M RUN/G
5:00 200M DASH/G
5:05 200M DASH/B
5:10 3200M RUN/B
5:25 800M RELAY/G
5:30 1600M RELAY/B
5:35 1600M RELAY/G

FIELD EVENTS

3:00 SHOT PUT/B *(Girls to follow)
SHOT PUT/G
DISCUS/G *(Boys to follow)
HIGH JUMP/G *(Boys to follow)
HIGH JUMP/B
3:15 POLE VAULT/G *(Boys to follow)
POLE VAULT/B
LONG JUMP/B (open pit)
LONG JUMP/G (open pit)
TRIPLE JUMP/B (open pit)
TRIPLE JUMP/G (open pit)
4:30 LONG JUMP/B (finals)
LONG JUMP/G (finals)
TRIPLE JUMP/B (finals)
TRIPLE JUMP/G (finals)