



# ORDER OF EVENTS

**10:30am**

<b>400 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>3200 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>100 M HURDLES</b>	<b>GIRLS 33"</b>	
<b>110 M HURDLES</b>		<b>BOYS 39"</b>
<b>3200 METER RUN</b>		<b>BOYS</b>
<b>800 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>800 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>100 METER DASH</b>	<b>BOYS</b>	<b>GIRLS</b>

## **Break**

<b>3200 METER RUN</b>	<b>GIRLS</b>	
<b>400 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>300 METER LH</b>	<b>GIRLS 30"</b>	
<b>300 METER IH</b>		<b>BOYS 36"</b>
<b>200 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>400 METER CO-ED THROWERS RELAY – DETAILS AT COACHES MTG</b>		
<b>1600 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>

**10:00am**

## FIELD EVENTS

<b>POLE VAULT</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>HIGH JUMP</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>LONG JUMP</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>SHOT PUT</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>DISCUS</b>	<b>GIRLS</b>	<b>BOYS</b>

**NOTE: SHOT PUT, DISCUS, LONG JUMP, will be prelims/finals format, *will be 3 throws/jumps in the prelims and 3 in the finals, 8 athletes will be taken to the finals***

**We will use qualifying marks in the shot, disc, and long jump. The distances will be determined at the 9:30am coaches meeting.**

**All implements must be marked with appropriate weights**