

Order of Events

(Dual meets) (Boys first in 2018)

4:00 PM 4 x 800m Relay
 110m (39'')Hurdles /100m(33'')Hurdles
 100m Dash
 4 x 200m Relay
 1600m Run
 4 x 100m Relay
 400m Dash
 300m Intermediate (36'') Hurdles /300m Low(30'')Hurdles
 800m Run
 200m Dash
 3200m Run
 4 x 400m Relay

Field Events

3:45 PM High Jump (Boys first)
 Shot Put (Boys first)
 Pole Vault (Girls first)
 Discus (Girls first)
 Long Jump (Girls first)*

most dual meets will run an open pit

