

Order of Events

(Dual meets)

(Girls run first in 2021)

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

Field Events

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

most dual meets will run an open pit

