

Order of Events

(Dual meets) (Boys first in 2022)

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

4:00 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

