

Order of Events for Track & Field Dual Meets

(Subject to Change)

Running events are run in this order except for the hurdle races:

1. Boys Frosh/Soph – 2. Girls Frosh/Soph – 3. Girls Varsity – 4. Boys Varsity

Running Events

1. 4X100 meter Relay
2. 1600m
3. 110 Hi Hurdles
 - Boys Frosh/Soph
 - Boys Varsity
 - Girls Frosh/Soph
 - Girls Varsity
4. 400m
5. 100m
6. 800m
7. 300m Low Hurdles
 - Boys Frosh/Soph
 - Boys Varsity
 - Girls Frosh/Soph
 - Girls Varsity
8. 200m
9. 3200m
10. 4X400m Relay

The Field Events:

- Discus – (Boys Varsity, Boys Frosh/Soph, Girls Varsity, Girls Frosh/Soph)
- Shot Put – (Boys Varsity, Boys Frosh/Soph, Girls Varsity, Girls Frosh/Soph)
- High Jump – (Boys Varsity, Boys Frosh/Soph, Girls Varsity, Girls Frosh/Soph)
- Long Jump – (All levels – 4 attempts)
- Triple Jump – (All levels – 4 attempts)
- Pole Vault – (Girls Frosh/Soph – Girls Varsity – Boys Frosh/Soph – Boys Varsity)