

TRACK EVENTS

3:00 800M RELAY/G
Following the previous race:
 3200 RUN/G
 110M HURDLES/B
 100M HURDLES/G
 100M DASH/B
 100M DASH/G
 1600M RUN/B
 1600M RUN/G
 400M RELAY/B
 400M RELAY/G
 400M DASH/B
 400M DASH/G
 300M HURDLES/B
 300M HURDLES/G
 800M RUN/B
 800M RUN/G
 200M DASH/B
 200M DASH/G
 3200M RUN/B
 1600M RELAY/G
 1600M RELAY/B

DUAL MEETS

Home gets odd lanes
400m and 1600m relays
 Varsity teams are in lanes 3/4.
800m relay
 Varsity teams are in lanes 1/2.

FIELD EVENTS

3:15 SHOT PUT/B *(Girls to follow)
 SHOT PUT/G
 DISCUS/G *(Boys to follow)
 HIGH JUMP/G *(Boys to follow)
 HIGH JUMP/B
 JAVELIN/ B,G (open runway)
 POLE VAULT/G *(Boys to follow)
 POLE VAULT/B
 LONG JUMP/B (open pit)
 LONG JUMP/G (open pit)
 TRIPLE JUMP/B (open pit)
 TRIPLE JUMP/G (open pit)
 4:30 LONG JUMP/B (finals)
 LONG JUMP/G (finals)
 TRIPLE JUMP/B (finals)
 TRIPLE JUMP/G (finals)

STARTING HEIGHTS

HIGH JUMP/B 5'0"
 HIGH JUMP/G 4'0"
 POLE VAULT/B 8'6"
 POLE VAULT/G 6'6"