



**ORDER OF RUNNING EVENTS**

**100-meter low hurdles (open)**

**100 meter dash (open)**

**1600 meter run (open)**

**4X100 meter Relay**

**400 meter dash**

**4 x 200 meter Relay**

**800 meter run**

**800 Medley Relay**

**200 Meter dash**

**4 x 100 Co-Ed Relay (open)**

**Order: 7<sup>th</sup> Girls; 7<sup>th</sup> Boys;**

**8<sup>th</sup> Girls; 8<sup>th</sup> Boys**

**ORDER OF FIELD EVENTS**

Competitors	Warm-up Time	Event Time Limit
<b>High Jump</b>		
7 <sup>th</sup> & 8 <sup>th</sup> Boys	3:30 to 3:45	3:45 to 5:00
7 <sup>th</sup> & 8 <sup>th</sup> Girls	5:00 to 5:15	5:15 to 6:30
<b>Long Jump (open)</b>		
7 <sup>th</sup> Girls	3:15 to 3:30	3:30 to 4:05
8 <sup>th</sup> Girls	4:05 to 4:20	4:20 to 4:55
7 <sup>th</sup> Boys	4:55 to 5:10	5:10 to 5:45
8 <sup>th</sup> Boys	5:45 to 6:00	6:00 to 6:35
<b>Triple Jump (open)</b>		
8 <sup>th</sup> Girls	3:15 to 3:30	3:30 to 4:05
7 <sup>th</sup> Girls	4:05 to 4:20	4:20 to 4:55
8 <sup>th</sup> Boys	4:55 to 5:10	5:10 to 5:45
7 <sup>th</sup> Boys	5:45 to 6:00	6:00 to 6:35
<b>Shot Put (1 rink)(open)</b>		
7 <sup>th</sup> Boys	3:15 to 3:30	3:30 to 4:05
8 <sup>th</sup> Boys	4:05 to 4:20	4:20 to 4:55
7 <sup>th</sup> Girls	4:55 to 5:10	5:10 to 5:45
8 <sup>th</sup> Girls	5:45 to 6:00	6:00 to 6:35
<b>Shot Put (2 Rinks) (open)</b>		
7 <sup>th</sup> Boys	3:15 to 3:30	3:30 to 4:15
8 <sup>th</sup> Girls	3:15 to 3:30	3:30 to 4:15
7 <sup>th</sup> Girls	4:15 to 4:30	4:30 to 5:15
8 <sup>th</sup> Boys	4:15 to 4:30	4:30 to 5:15
<b>Discus (open)</b>		
8 <sup>th</sup> Boys	3:15 to 3:30	3:30 to 4:05
7 <sup>th</sup> Boys	4:05 to 4:20	4:20 to 4:55
8 <sup>th</sup> Girls	4:55 to 5:10	5:10 to 5:45
7 <sup>th</sup> Girls	5:45 to 6:00	6:00 to 6:35