

# Running Event Order

100-meter low hurdles (open)

100 meter dash (open)

1600 meter run (open)

4X100 meter Relay (**CLOSED Max of 4 entries per school**)

400 meter dash (**CLOSED Max of 4 entries per school**)

4 x 200 meter Relay (**CLOSED Max of 4 entries per school**)

800 meter run (**CLOSED Max of 4 entries per school**)

800 Medley Relay (**CLOSED Max of 4 entries per school**)

200 Meter dash (**CLOSED Max of 4 entries per school**)

4 X 100 Co-Ed Relay (open)

Order: 7<sup>th</sup> Grade Girls, 7<sup>th</sup> Grade Boys, 8<sup>th</sup> Grade Girls, 8<sup>th</sup> Grade Boys

## Field Events

Competitors	Warm-up Time	Event Time Limit
<b>High Jump (CLOSED Max of 4 entries per school)</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 (Only using 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 (Using 2 Rinks (Rink #1 South end)(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
<b>Shot Put (Rink #2 North)(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
<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