

ORDER OF EVENTS FOR DUAL MEETS

*** The home team will be assigned odd numbered lanes for all races, including relays.

*** Relays will be run in lanes 3 and 4

0.	3:00	GIRLS JV 1600M	22.	4:24	BOYS JV 100M
1.	3:00	GIRLS JV 4 X 100	23.	4:27	BOYS V 100M
2.	3:03	GIRLS V 4 X 100	24.	4:32	GIRLS JV 800M
3.	3:06	BOYS F/S 4 X 100	25.	4:36	GIRLS V 800M
4.	3:09	BOYS JV 4 X 100	26.	4:40	BOYS F/S 800M
5.	3:12	BOYS V 4 X 100	27.	4:45	BOYS JV 800M
6.	3:15	GIRLS V & JV 1600M	28.	4:49	BOYS V 800M
7.	3:25	BOYS F/S & JV 1600M	29.	4:56	GIRLS JV 300 LH
8.	3:32	BOYS V 1600M	30.	4:59	GIRLS V 300 LH
9.	3:39	GIRLS JV 100 HH	31.	5:06	BOYS F/S 300 IH
10.	3:41	GIRLS V 100 HH	32.	5:10	BOYS JV 300 IH
11.	3:48	BOYS F/S 110 HH	33.	5:14	BOYS V 300 IH
12.	3:51	BOYS JV 110 HH	34.	5:21	GIRLS JV 200M
13.	3:53	BOYS V 110 HH	35.	5:24	GIRLS V 200M
14.	4:00	GIRLS JV 400M	36.	5:27	BOYS F/S 200M
15.	4:03	GIRLS V 400M	37.	5:30	BOYS JV 200M
16.	4:06	BOYS F/S 400M	38.	5:32	BOYS V 200M
17.	4:09	BOYS JV 400M	39.	5:35	GIRLS V & JV 3200M
18.	4:12	BOYS V 400M	40.	5:50	BOYS V, JV, F/S 3200M
19.	4:17	GIRLS JV 100M	41.	6:03	GIRLS V & JV 4 X 400
20.	4:19	GIRLS V 100M	42.	6:09	BOYS JV & F/S 4 X 400
21.	4:22	BOYS F/S 100M	43.	6:14	BOYS V 4 X 400

FIELD EVENTS ORDER

3:00 - BOYS HIGH JUMP (F/S & JV Boys will begin at their starting height the Varsity Boys will enter as their starting height is reached)

F/S & JV Boys - 4' 10"

Varsity Boys - 5' 2"

*** The bar shall be raised in 2" increments until one competitor is left.*

*** THE BAR CANNOT BE LOWERED ONCE IT HAS BEEN RAISED TO A HEIGHT*

3:00 - POLE VAULT (Order: Varsity Boys, followed by F/S and JV combined, followed by Girls)

F/S & JV Boys - 8' 0"

Varsity Boys - 9' 6"

Girls - 6' 0"

*** The bar shall be raised in 6" increments to 12' with 3" increments thereafter.*

3:00 - SHOT PUT (Order: Varsity Boys, JV, F/S) each competitor 4 throws

3:00 - DISCUS (Order: Varsity Girls, JV) each competitor 4 throws

3:15 - LONG JUMP AND TRIPLE JUMP (ALL COMPETITORS, BOYS & GIRLS)

*** Once competition has begun, no run throws or practice jumps*

*** Each competitor shall be allowed four jumps*

*** COMPETITION WILL END AT 5:30 SHARP*

4:00 - (or at the conclusion of the boys) GIRLS HIGH JUMP (JV Girls will begin at their starting height the Varsity Girls will enter as their starting height is reached.)

JV Girls - 3' 8"

Varsity Girls - 4' 0"

4:00 - DISCUS (Order: Varsity Boys, JV, F/S) each competitor 4 throws

4:00 - SHOT PUT (Order: Varsity Girls, JV) each competitor 4 throws