## TRACK AND FIELD



## **Order of Events**

## Track

- Girls 4x200m
- Boys 110m Hurdles
- Girls 100m Hurdles
- Boys 100m
- Girls 100m
- Boys 1600m
- Girls 1600m Run
- Boys 4x100m
- Girls 4x100m
- Boys 400m
- Girls 400m

- Boys 300m Hurdles
- Girls 300m Hurdles
- Boys 800m
- Girls 800m
- Boys 200m
- Girls 200m
- Boys & Girls 3200 (Combined if possible)
- Boys 4x400m
- Girls 4x400m

## Field

- Boys Shotput followed by Girls Shotput
- Girls Discus followed by Boys Discus
- Boys High Jump followed by Girls High Jump
- Girls Pole Vault followed by Boys Pole Vault (If possible)
- Boys and Girls Long Jump Combined
- Boys and Girls Triple Jump Combined
- Boys and Girls Javelin Combined