

# **ORDER OF RUNNING EVENTS** (Girls 1<sup>st</sup>, Boys follow)

*4 x 800 RELAY*

*100 HURDLES (girls)*

*110 HURDLES (boys)*

*100 METER DASH*

*1600 METER RUN*

*4 x 100 RELAY*

*400 METER DASH*

*300 METER HURDLES*

*800 METER RUN*

*200 METER DASH*

*3200 METER RUN*

*4 x 400 METER Relay*

## **Field Events Start first in this order**

*Discus (boys/girls)*

*Shot put (boys/girls)*

*Long jump (girls/boys)*

*Triple Jumps (starts after Long jump ends)*

*Pole Vault (girls/boys)*

*High Jump (girls/boys)*