

Standard Order of Events

(Most meets that we compete in will use this list as the order of events. There are a couple of exceptions during the season but this will give a reliable guide of the order of events.)

- Running Events-

4x800 m Relay

100 /110 m Hurdles

100 m Dash

4x200 m Relay

1600 m Run

4x100 m Relay

400 m Dash

300 m Hurdles

800 m Run

200 m Dash

3200 m Run

4x400 m Relay

-Field Events-

Discus Throw

High Jump

Long Jump

Pole Vault

Shot Put

Triple Jump