

General Order of Events

There are announcements made for each event, like "First call for 7th grade girls shot put". All participants should report to their event when it is called the first time.

Field events are first (usually begins between 3:30 - 4:00pm).

3 throws or jumps per contestant. (Athletes have a choice to take all 3 or 1 each time their name comes up.)

Each event is ran simultaneously.

Some meets may have more than one location for an event.

Below is an example, each meet will be different.

Shot South Ring- 8th Girls / 7th girls (6lb)

Shot North Ring - 8th Boys / 7th Boys (4kg)

Discus Southwest Ring - 7th Girls / 8th Girls (1kg)

Discus North Ring - 7th Boys / 8th Boys

Long Jump (West Pit) - 7th / 8th Boys Then 7th / 8th Girls (West Pit)

Triple Jump (East Pit) - 7G, 8G, 7B, 8B

North High Jump - 7G, 7B

South High Jump - 8B, 8G

Running events are always ran in the event order listed (7G, 8G, 7B, 8B).

2400M (mile and a half, starts about 4:30pm)

4 X 100 (Sprint Relay) (Starts at about 5:00pm)

800M

100M Hurdles (girls 30")

100M

4 X 200 Relay

400M

300 Hurdles (girls 30")

200M

1600M (mile)

4 X 400 (Mile Relay)