



Running Events

Order: Boys/ Girls
JV

1/8" spikes only, except javelin

	<u>Running Events</u>		<u>Field Events</u>
3:30	110 m Hurdles (B)	3:30	Pole Vault (G)
	100 m Hurdles (G)		Long Jump (G)
			Discus (G)
	100 m (B)		High Jump (B)
	100 m (G)		Shot Put (B)
			Triple Jump (B)
	1600 m (B)		Javelin (B) (JV 1st)
	1600 m (G)		
	400 m Relay (B)	*5:00	Long Jump (B)
	400 m Relay (G)		Triple Jump (G)
			Pole Vault (B)
	400 m Finals (B)		Shot Put (G) (JV 1st)
	400 m Finals (G)		High Jump (G)
			Javelin (G)
	300 m Hurdles Finals (B)		Discus (B)
	300 m Hurdles Finals (G)		
	800 m Finals (B)		
	800 m Finals (G)		
	200 m Finals (B)		
	200 m Finals (G)		
	3200 m Finals (B)		
	3200 m Finals (G)		
	1600 m Relay (B)		
	1600 m Relay (G)		