

MIDDLE SCHOOL TRACK & FIELD ORDER OF EVENTS

Field

Girls' Discus – Boys' Shot Put (*switch*)

Girls' High Jump – Boys' Pole Vault (*switch*)

Long Jump (*usually open pit*)

Running

100m Hurdles

110m Hurdles

100m Dash

1600m Run

4x100m Relay

400m Run

4x200m Relay

200m Hurdles

800m Run

200m Dash

4x400m Relay



Sportsmanship... Make it a tradition... Practice it for Life!

