

HIGH 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

4x800m Relay

110m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Run

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay



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

