



### ORDER OF RUNNING EVENTS

100-meter low hurdles

100 meter dash

1600 meter run

4X100 meter Relay (Closed)

400 meter dash (Closed)

4 x 200 meter Relay (Closed)

800 meter run

800 Medley Relay (Closed)

200 Meter dash

4 x 100 Co-Ed Relay

Order: 7<sup>th</sup> Girls; 7<sup>th</sup> Boys;

8<sup>th</sup> Girls; 8<sup>th</sup> Boys

### ORDER OF FIELD EVENTS

Competitors	Warm-up Time	Event Time Limit
<b>High Jump</b>		
8 <sup>th</sup> Boys E. Pit	3:45 to 4:00	4:00 to 5:10
7 <sup>th</sup> Boys W. Pit	3:45 to 4:00	4:00 to 5:10
8 <sup>th</sup> Girls E. Pit	5:10 to 5:25	5:25 – 6:35
7 <sup>th</sup> Girls W. Pit	5:10 to 5:25	5:25 – 6:35
<b>Long Jump (open) South Pit</b>		
7 <sup>th</sup> Boys	2 Warm-Ups/3 Jumps	3:45 to 4:25
8 <sup>th</sup> Boys	2 Warm-Ups/3 Jumps	4:25 to 5:10
7 <sup>th</sup> Girls	2 Warm-Ups/3 Jumps	5:10 to 5:50
8 <sup>th</sup> Girls	2 Warm-Ups/3 Jumps	5:50 to 6:35
<b>Triple Jump (open) North Pit</b>		
8 <sup>th</sup> Boys	2 Warm-Ups/3 Jumps	3:45 to 4:25
7 <sup>th</sup> Boys	2 Warm-Ups/3 Jumps	4:25 to 5:10
8 <sup>th</sup> Girls	2 Warm-Ups/3 Jumps	5:10 to 5:50
7 <sup>th</sup> Girls	2 Warm-Ups/3 Jumps	5:50 to 6:35
<b>Shot Put (open) Using ONLY South Rink</b>		
7 <sup>th</sup> Girls	1 Warm-Up/3 Throws	3:45 to 4:25
8 <sup>th</sup> Girls	1 Warm-Up/3 Throws	4:25 to 5:10
7 <sup>th</sup> Boys	1 Warm-Up/3 Throws	5:10 to 5:50
8 <sup>th</sup> Boys	1 Warm-Up/3 Throws	5:50 to 6:35
<b>Shot Put (open) Using North and South Rink</b>		
7 <sup>th</sup> (N) and 8 <sup>th</sup> (S) Girls	1 Warm-Up/3 Throws	3:45 to 4:25
7 <sup>th</sup> (N) and 8 <sup>th</sup> (S) Boys	1 Warm-Up/3 Throws	4:25 to 5:10
<b>Discus (open)</b>		
8 <sup>th</sup> Girls	1 Warm-Up/3 Throws	3:45 to 4:25
7 <sup>th</sup> Girls	1 Warm-Up/3 Throws	4:25 to 5:10
8 <sup>th</sup> Boys	1 Warm-Up/3 Throws	5:10 to 5:50
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