



NLCC Conference Meets

Start time at 4:30

Order of Field Events:

Long Jump (followed by Triple Jump)

High Jump

Pole Vault

Shot Put (followed by Discus)

Order of Track Events:

4x800 Meter Relay

4x100 Meter Relay

3200 Meter Run

110/100 Meter High Hurdles

100 Meter Dash

800 Meter Run

4x200 Meter Relay

400 Meter Dash

300 Meter Hurdles

1600 Meter Run

200 Meter Dash

4x400 Meter Relay

