

8:00Am-Session 1: Field Events & Running Events

3200m- JVG, JVB, VG, VB

Open 800m (non-scored event)

Open 1600m (non-scored event)

Order of Field Events:

Triple Jump: VG-JVG-VB-JVB

Long Jump: VB-JVB-VG-JVG

High Jump: VB, VG, JVG, JVB

Pole Vault: VB-VG-JVG-JVB

There will be 3 attempts in each field event. We will only measure the top 12 discus and shot-put throws in each flight and only measure the best throw.

We will be using two rings for both shot put and discus. Order will be as follows:

Discus Ring 1: VG, VB

Discus Ring 2: JVG, JVB

Shot Put Ring 2: JVB, JVG

Shot Put Ring 1: VB, VG

2nd Session

Running Events 1:00PM (JVG/JVB/VG/VB)

- 4x100m Relay
- 800m Run
- 100m Hurdles
- 110m Hurdles
- 100m Dash
- 4x200m Relay
- 400m Dash
- 300m Hurdles – Both girls divisions will run before the boys
 - 200m Dash
 - 1600m Run
 - 4x400m Relay