

Typical Order of Events (Running - Afternoon/Evening)

- 4x800m Relay (Girls, then Boys)
- 4x100m Relay (Prelims/Finals)
- 100m/110m Hurdles
- 400m Dash
- 100m Dash
- 800m Run
- 300m Hurdles
- 200m Dash
- 4x400m Relay