

This is the typical order of events for HS Track Meets

4 X800

110 Meter High Hurdles (Boys)

100 M Dash

4 X 200

1600 M (Mile) Run

4 X 100 Relay

400 M Dash

300 Intermediate Hurdles

800 M Run

200 M Dash

3200 M (2 Mile) Run

4 X 400 M Relay

Horizontal Jumps may be cafeteria style (first come first jump) or flighted (one jumper from each school in each flight)

Vertical Jumps go by heights and athletes enter as the bar goes up

Shot Put first Discus after