

TRACK AND FIELD—ORDER OF EVENTS

Note 1: When boys and girls meets are conducted simultaneously, the events listed below are to be used. The boys events shall precede the girls events in even years; the girls events shall precede the boys events in odd years. If meets are not run simultaneously, the events listed for those not participating are to be eliminated. Schools must mutually agree to run the order of events in yards or meters prior to the meet. If schools cannot mutually agree, the host school will decide. Distances may be shortened or events may be eliminated by mutual consent of competing schools before the meet begins.

Junior High/Middle School Order of Events for Boys and Girls

1. 4 X 800 Meter Relay
2. 55 Meter Hurdles (5 hurdles) (33" boys, 30" girls)
3. 100 Meter Dash
4. 4 X 200 Meter Relay
5. 1600 Meter Run
6. 4 X 100 Meter Relay
7. 400 Meter Dash
8. 70 Meter Dash
9. 800 Meter Run
10. 200 Meter Hurdles (5 hurdles, 35 meter intervals) (30")
11. 200 Meter Dash
12. 3200 Meter Run
13. 4 X 400 Meter Relay

Field Events

1. Pole Vault
2. Shot Put (8 lb. 13 oz. or 4 Kg. for boys; 6 lb. for girls)
3. Running High Jump
4. Running Long Jump