**RUNNING EVENTS**

**7:00 A.M. START TIME WITH “A ROLLING SCHEDULE”**

**“Subject to Change on event day”**

**3000 METER RUN………………… 11G/B 12G/B 13G/B 14G/B 15-16G/B 17-18/W/M**

***4 X 100 METER RELAY………………………..ALL DIVISIONS (Start with 8UG/B)***

**800 METER RUN………………………………..ALL DIVISIONS (Start with 7G-7B-8G-8B)**

**55 METER DASH………………………………….5G - 5B - 6G - 6B**

**110 METER HURDLES (10-39”)…………….15-16B 17-18M**

**100 METER HURDLES (10-33”)…………….13B 14B 15-16G 17-18W**

**100 METER HURDLES (10-30”)……………..13G 14G**

**80 METER HURDLES (8-30”)…………………11G/B 12G/B**

**100 METER DASH……………………………….ALL DIVISIONS**

**(Start with 5G-5B-6G-6B-7G-7B-8G-8B)**

**400 METER DASH………………………………ALL DIVISIONS (Start with 7G-7B-8G-8B)**

**200 METER DASH………………………………..ALL DIVISIONS**

**(Start with 5G-5B-6G-6B-7G-7B-8G-8B)**

**1500 METER RUN………………………………..ALL DIVISIONS (Start with 7G-7B-8G-8B)**

**4 x 400 METER RELAY…………………………ALL DIVISIONS (Start with 8UG-8-B)**

**ORDER OF FIELD EVENTS**

**“Subject to Change on event day.  Must listen for Announcements”**

**8:00 – Girls/Boys Shot Put (Start with 5G-5B-6G-6B-7G-7B-8G-8B)**

**Boys Shot Put (All other Divisions After Primaries)**

**Girls Discus**

**Girls/Boys Long Jump Pit 1 (Start with 8G-8B-7G-7B-6G-6B-5G-5B)**

**Girls/Boys Long Jump Pit 2 (All other Divisions)**

**High Jump (9G/B 10G/B 11G/B 12G/B)**

**9:30 – Young Men Long Jump Pit 1 Age 17-18**

**Young Women Long Jump Pit 2 Age 17-18**

**10:00 – Boys Discus**

**Girls Shot Put (All other Divisions)**

**Boys High Jump Age 13-14**

**Girls High Jump Age 13-14**

**11:00 – Boys Long Jump Pit 1 Age 13-14**

**Girls Long Jump Pit 2 Age 13-14**

**11:30 – Turbo Javelin (Start with 6G-6B-7G-7B-8G-8B)**

**Continue with ages 9-12**

**12:00 – Boys & Young Men High Jump Age 15-16**

**Girls & Young Woman High Jump Age 15-16**

**1:00 – Boys Triple Jump Pit 1**

**Girls Triple Jump Pit 2**