

## ORDER of EVENTS

### Meet starts at 8:30 am

#### National Anthem and Meet Instructions

1. Girls Mile – 1 heat, waterfall start
2. Boys Mile – 1 heat, waterfall start
3. Girls 800 – 1 or 2 heats, waterfall start
4. Boys 800 – 1 or 2 heats, waterfall start
5. Girls 400 – 2 heats, waterfall start
6. Boys 400 – 2 heats, waterfall start
7. Girls 200 – 3 or 4 heats, lane race, staggered start
8. Boys 200 – 3 or 4 heats, lane race, staggered start
9. Girls 100 – 3 or 4 heats, lane race
10. Boys 100 – 3 or 4 heats, lane race
11. Girls 75 yard hurdles – 3 or 4 heats, lane race, tape line is starting line
12. Boys 75 yard hurdles – 3 or 4 heats, lane race, tape line is starting line
13. Girls shuttle hurdle relay – 2 heats, START LINE IS SAME AS FINISH LINE
14. Boys shuttle hurdle relay - 2 heats, START LINE IS SAME AS FINISH LINE
15. Girls 4 X 200 relay – 2 heats, 2 turn stagger, 3<sup>rd</sup> runner breaks in to lane 1
16. Boys 4 X 200 relay - 2 heats, 2 turn stagger, 3<sup>rd</sup> runner breaks in to lane 1
17. Girls 4 X 100 relay – 2 heats, all runners stay in assigned lane entire race
18. Boys 4 X 100 relay – 2 heats, all runners stay in assigned lane entire race
19. Girls 4 X 400 relay – 2 heats, 2 turn stagger, 2<sup>nd</sup> runner breaks in
20. Boys 4 X 400 relay – 2 heats, 2 turn stagger, 2<sup>nd</sup> runner breaks in

### Field Events

8:40 – girls softball throw and boys shot put, girls and boys long jump

Approximately 10:00 – boys softball throw and girls shot put

- 3 boys and 3 girls per school in each field event