

TYPICAL MEET ORDER OF EVENTS

START 1ST 1600 RACE @ 3:45 SHARP!!!

1600 M. RUN **RACE 1: 6TH BOYS, 6TH GIRLS, 8TH BOYS**
(UNLIMITED) **RACE 2: 7TH BOYS, 7TH GIRLS, 8TH GIRLS**

HURDLES **6G 7G 8G 6B 7B 8B**
FASTEST RUNNERS HEAT 1 & 2.
(TOP 4 FROM 1ST 2 HEATS TIMED & RECORDED. 3RD HEAT TIMED BUT NOT RECORDED)

400 M. RELAY **6B/6G** **7B/7G** **8B/8G**

800 M. RUN **SAME AS 1600**
(UNLIMITED)

100 M. DASH **6G 7G 8G 6B 7B 8B**
FASTEST RUNNERS HEAT 1 & 2.
(TOP 4 FROM 1ST 2 HEATS TIMED & RECORDED. 3RD HEAT TIMED BUT NOT RECORDED)

1600 M. RELAYS **GIRLS RACE** **BOYS RACE**

HIGH JUMP **3:45 8TH & 7TH GIRLS** **6TH GIRLS FOLLOW FIRST OPEN MAT**
 4:45 8TH & 7TH BOYS **6TH BOYS FOLLOW FIRST OPEN MAT**
Starting Heights - Girls 6 = 3'6" Girls 7 = 3'8" Girls 8 = 3'10" Boys 6 = 4' Boys 7 = 4'2" Boys 8 = 4'4"

LONG JUMP **OPEN FOR ALL 3:15-4:00 FOR OFFICIAL JUMPS**
 OPEN GIRLS ONLY 4-4:45 FOR OFFICIAL JUMPS ONLY
 OPEN BOYS ONLY 4:45-5:30 FOR OFFICIAL JUMPS ONLY

TRIPLE JUMP **OPEN FOR ALL 3:15-4:00 FOR OFFICIAL JUMPS**
 OPEN BOYS ONLY 4-4:45 FOR OFFICIAL JUMPS ONLY
 OPEN GIRLS ONLY 4:45-5:30 FOR OFFICIAL JUMPS ONLY

BOYS DISCUS **OPEN 3:15 (PAST SHOT PUT STATIONS)**
GIRLS DISCUS **OPEN 3:15 (PAST TRACK SHEDS)**

BOYS SHOT **OPEN 3:15 (RIGHT SIDE)**
GIRLS SHOT **OPEN 3:15 (LEFT SIDE)**

****PLEASE PICK UP TRASH GOOD LUCK TO ALL ATHLETES!!**