

## **MS Track & Field Order of Events (Dual/Tri Meets)**

### **Field Events** (*usually begin 15-30 min. prior to running events*)

Girls Discus & Boys Shot (then switch)

Girls PV & Boys HJ (followed by Boys PV & Girls HJ) - *this order can be switched.*

Boys & Girls LJ is usually done simultaneously (open pit)

### **Running Events**

1. Girls 4x800 / Boys 4x800 (*usually 15-30 min after Field Events begin*)
2. Girls 100 Hurdles / Boys 110 Hurdles
3. Girls 100 / Boys 100
4. Girls 4x200 / Boys 4x200
5. Girls 1600 / Boys 1600
6. Girls 4x100 / Boys 4x100
7. Girls 400 / Boys 400
8. Girls 300 Hurdles / Boys 300 Hurdles
9. Girls 800 / Boys 800
10. Girls 200 / Boys 200
11. Girls 4x400 / Boys 4x400

\*Most Invitationals & State Level Meets will have Pre-Lims (Semi-Finals) in 100/110 Hurdles, 100 M, & possibly the 200 M at the start of the meet.