

### **4:30 Field Events**

Pole Vault – Girls followed by Boys

Discus – Boys followed by Girls 4 Attempts

High Jump – Girls followed by Boys

Long Jump – Boys followed by Girls 3 Attempts

Shot Put – Girls followed by Boys 4 Attempts

### **4:50 Running Events**

- 1- 4x800 – Boys and Girls run together
- 2- Girls Hurdles - 100 meters (10 Hurdles) (30")
- 3- Boys Hurdles - 110 meters (10 Hurdles) (33")
- 4- Girls Dash - 100 meters
- 5- Boys Dash -100 meters
- 6- Girls Run -1600 meters
- 7- Boys Run - 1600 meters
- 8- Girls Relay - 4x100 meters
- 9- Boys Relay - 4x100 meters
- 10- Girls Dash - 400 meters
- 11- Boys Dash - 400 meters
- 12- Girls Relay - 4x200 meters
- 13- Boys Relay - 4x200 meters
- 14- Girls Hurdles - 200 meters (30")
- 15- Boys Hurdles - 200 meters (30")
- 16- Girls Run - 800 meters
- 17- Boys Run - 800 meters
- 18- Girls Dash - 200 meters
- 19- Boys Dash - 200 meters
- 20- 4x400 - Girls and Boys run together