

ORDER OF EVENTS

10:00 AM FIELD EVENTS – boys high jump, boys pole vault, girl shot put, boys discus, girls open pit long jump from 10:00 – 10:50 boys open pit long jump from 11:10 – 12:00. Shot put and discus are 4 throws, 2 flights – long jump 4 jumps.

12:00 NATIONAL ANTHEM followed by RUNNING EVENTS

GIRLS	3200 m RELAY (1 heat))
BOYS	3200 m RELAY (1heat)
GIRLS	100 m HURDLES (2 heats)
BOYS	110 m HIGH HURDLES (2 heats)
GIRLS	100 m DASH (2 heats)
BOYS	100m DASH (2 heats)
GIRLS	4 X 200 m RELAY (1 heat)
BOYS	4 X 200 m RELAY (1 heat)
GIRLS	1600 m RUN (1 heat)
BOYS	1600 m RUN (1 heat)
GIRLS	4 X 100 m RELAY (1 heat)
BOYS	4 X 100 m RELAY (1 heat)
GIRLS	400 m DASH (2 heats)
BOYS	400 m DASH (2 heats)
GIRLS	300 m LOW HURDLES (2 heats)
BOYS	300 m INTERMEDIATE HURDLES (2 heats)
GIRLS	800 m RUN (1 heat)
BOYS	800 m RUN (1 heat)
GIRLS	200 m DASH (2 heats)
BOYS	200 m DASH (2 heats)
GIRLS	3200 m RUN (1 heat)
BOYS	3200 m RUN (1 heat)
GIRLS	4 X 400 m RELAY (1 heat)
BOYS	4 X 400 m RELAY (1 heat)