

**ORDER OF EVENTS  
REGIONAL TRACK AND FIELD MEET  
2018**

**FIELD EVENTS:**

**3:30 P.M.**

**BOYS POLE VAULT FOLLOWED BY GIRLS ( east runway )  
BOYS DISCUS FOLLOWED BY GIRLS DISCUS (discus circle )  
GIRLS JAVELIN ( outside runway )  
BOYS JAVELIN TO FOLLOW IMMEDIATELY AFTER  
GIRLS HIGH JUMP ( south pit )  
BOYS HIGH JUMP TO FOLLOW IMMEDIATELY AFTER  
GIRLS LONG JUMP FOLLOWED BY GIRLS TRIPLE ( east runway )  
BOYS LONG JUMP FOLLOWED BY BOYS TRIPLE( west runway )  
GIRLS SHOT PUT FOLLOWED BY BOYS SHOT PUT ( west ring )**

**RUNNING EVENTS: PRELIMINARIES 4:30 (times are estimations)**

**4:30 GIRLS 100 M HIGH HURDLES ( West side of track )  
4:40 BOYS 110 M HIGH HURDLES ( West side of track )  
4:50 GIRLS 100 M DASH ( West side of track )  
5:00 BOYS 100 M DASH ( West side of track )  
5:10 GIRLS 200 M DASH  
5:20 BOYS 200 M DASH  
5:30 GIRLS 4X800 RELAY  
BOYS 4X800 RELAY to follow**

**FINALS: 30 Minutes after prelims(4x800) !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

**GIRLS 100 M HIGH HURDLES ( West side of track )  
BOYS 110 M HIGH HURDLES ( West side of track )  
GIRLS 100 M DASH  
BOYS 100M DASH  
GIRLS 1600 M RUN  
BOYS 1600 M RUN  
GIRLS 4X100 M RELAY  
BOYS 4X100 M RELAY  
GIRLS 400 M DASH  
BOYS 400 M DASH  
GIRLS 300 M LOW HURDLES  
BOYS 300 M INTERMEDIATE HURDLES  
GIRLS 800 M RUN  
BOYS 800 M RUN  
GIRLS 200 M DASH  
BOYS 200 M DASH  
GIRLS 3200 M RUN  
BOYS 3200 M RUN  
GIRLS 4X400 M RELAY  
BOYS 4X400 M RELAY**

**PRESENTATION OF TEAM TROPHIES\*\*\*Note rolling schedule is a guide, if we get ahead we will adjust and allow breaks, in past at the 800m we have had to slow down the meet.**