

# 2023 Water Canyon Invitational Order of Events (All events will be timed finals)

## Runs/Sprints/Relays

Sprint Medley Relay  
3200 Meter Run  
100/110 Meter Hurdles  
100 Meter Dash  
1600 Meter Run  
400 Meter Dash  
4x100 Meter Relay  
300 Meter Hurdles  
800 Meter Run  
200 Meter Dash  
4x400 Meter Relay

**Field Events (4 attempts with no finals, except high jump which will be three attempts per height)**

## Section 1

Boys Long Jump (Best flight last)  
Girls High Jump (Low to high)  
Girls Javelin (Best flight last)  
Boys Shot put (Best flight first)  
Boys Discus (Best flight last)

## Section 2 (to start once Section 1 has finished in each discipline)

Girls Long Jump (Best flight last)  
Boys High Jump (Low to high)  
Boys Javelin (Best flight last)  
Girls Shot put (Best flight first)  
Girls Discus (Best flight last)