**Weber District Track and Field**

**Order of Events**

3:00 Girls Shot Put Boys to follow

Boys Discus Girls to follow

Girls High Jump Boys to follow

Boys Long Jump Girls to follow

3:00 Girls 100 M Hurdles

Boys 110 M Hurdles

Girls 1600 M Run

Boys 1600 M Run

Girls 100 M Dash

Boys 100 M Dash

Girls 400 M Dash

Boys 400 M Dash

Girls 4x100 M Relay

Boys 4x100 M Relay

Girls 800 M Run

Boys 800 M Run

Girls Medley Relay

Boys Medley Relay

Girls 200 M Dash

Boys 200 M Dash

4x100 Combo Relay

Girls 4x400 M Relay

Boys 4x400 M Relay

**Have your athletes report to the starting line of their event on “first call” for their lane assignments.**

**The meet will be run as quickly as possible. Please listen to the announcer for calls.**

**Starting Heights**

Girls high Jump 4’00”

Boys High Jump 5’00”

3 throws and jumps, no finals