**American Fork vs. Lone Peak**

**RUNNING EVENTS**

4x800M RELAY (3:00)

100M/110M HURDLES

100M

4x200M RELAY

1600M

4x100M RELAY

400M

3O0M HURDLES

800M

200M

3200M

4x400M RELAY

**THROWING EVENTS**

SHOT PUT (3:00, Girls)

DISCUS (3:00, Boys)

**FOLLOWED BY**

SHOT PUT (Boys)

DISCUS (Girls)

JAVELIN (Girls and Boys after Discus)

**JUMPING EVENTS**

LONG JUMP (3:00, Open Pit)

HIGH JUMP (Girls 3:00 followed by Boys)

POLE VAULT (3:00, Girls and Boys together)