

### **Order of Running Events**

3200m (9<sup>th</sup> grade only)

Unified 100m

100m

1600m

4x100m Relay

400m

800m

Medley Relay (200, 200, 400, 800)

200m

4x400m Relay

\*All events will run girls 7<sup>th</sup> then boys 7<sup>th</sup> on up to 9<sup>th</sup> grade

\*\*some events may be combined and run at the same time (relays/distance)

### **Field Events**

Long Jump and Shot Put will be “open pit”. Please check in to the event early and get your attempts done as soon as you can.

High jump will start with all girls first. When the girls competition has completed the boys will start.