

Order of Running Events

3200m (9th grade only)

Unified 100m

100m

1600m

4x100m Relay

400m

800m

Medley Relay (200, 200, 400, 800)

200m

4x400m Relay

*All events will run girls 7th then boys 7th on up to 9th 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.