***Laramie/South Dual Meet***

***Tuesday April 23rd***

**Order of running events Order of Field Events**

Starting at 3:45p (Girls followed by Boys) Starting at 3:00p

4X800 Relay Girls High Jump – Followed by Boys

Sprint Medley (200,200,400,800) Boys Long Jump (Open Pit) – Followed by Girls

100m/110m Hurdles Boys Triple Jump (Open Pit) – Followed by Girls

100m dash Boys Discus – Followed by Girls

1600m run Girls Shot Put – Followed by Boys

4x100 relay Girls Pole Vault – Followed by Boys (May run Together)

400m dash

300m Hurdles

200m dash

3200m run

4x400m relay