

TRACK & FIELD



RUNNING EVENTS

3200M Run
100M Hurdles
80M Hurdles
4x100M Relay
1600M Run
400M Run
100M Run
800M Run
200M Hurdles (TBD per meet)
200M Run
4x400M Relay

FIELD EVENTS

Long Jump
High Jump
Shot Put

AGE GROUP ORDER

MG, MB, YG, YB, IG, IB
IB, IG, YB, YG
MB, MG
BG, BB, MG, MB, IG, IB, YG, YB, GG, GB
GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
YG, YB, IG, IB
BG, BB, MG, MB, YG, YB, IG, IB, GG, GB
BG, BB, MG, MB, YG, YB, IG, IB

AGE GROUP ORDER

GG, GB, BG, BB, MG, MB, YG, YB, IG, IB,
BG, BB, MG, MB, YG, YB, IG, IB
IG, IB, YG, YB, MG, MB, BG, BB

- All events, including field events begin at 8:30AM
- Volunteers running the field events should let the announcer know which event is starting.
- If Team is still in field events and we are in relay section, then we will start with the Y/I Groups.
- Head stager will be letting the announcer know when to make 1st, 2nd and 3rd calls in 5 min increments.

“If you fail to prepare, prepare to fail.”