

## Jr High Track - Order of Events

Field events are first. If boys are at one throwing/jumping event, the girls will be at the other, then they switch to do the other once each is completed by that gender.

- Shot Put
- Discus Throw

The throwing events are typically in an area separate from the track. Spectators can usually get close enough for good viewing.

- High Jump
- Long Jump

The jumping events are typically on the infield of the track. Spectators are not permitted on the infield. View these events from the stands or from outside the fence that separates the track from the spectator areas.

All running events are run girls, then boys unless noted (meet coordinator may combine girls and boys in same race if number of participants and track space permit).

1. Girls 4x800 m relay (\*\*Newly added to JH meet schedule as of 2022 track season\*\*)
2. Boys 4x800 m relay (\*\*Newly added to JH meet schedule as of 2022 track season\*\*)
3. Girls 100 m hurdles (10 @ 30" high)
4. Boys 110 m hurdles (10 @ 33" high)
5. Girls 100 m dash
6. Boys 100 m dash
7. Girls 1600 m run
8. Boys 1600 m run
9. Girls 4x100 m relay
10. Boys 4x100 m relay
11. Girls 400 m dash
12. Boys 400 m dash
13. Girls 4x200 m relay
14. Boys 4x200 m relay
15. Girls 200 m hurdles (girls 5 @ 30" high)
16. Boys 200 m hurdles (boys 5 @ 30" high)
17. Girls 800 m run
18. Boys 800 m run
19. Girls 200 m dash
20. Boys 200 m dash
21. Girls 4x400 m relay
22. Boys 4x400 m relay