



Order of Events

Thursday 4/16/26

3:30 PM Coaches Meeting

FIELD EVENTS

4:00 PM

Shot Put	Girls followed by Boys	(G-6m/20') (B-8m/30')
Discus	Boys followed by Girls	(G-12m/40') (B-15m/50')
High Jump	Boys followed by Girls	(G-1.05m/3'6") (B-1.35m/4'6")
Long Jump	Girls followed by Boys	Cafeteria Style
Triple Jump	Boys followed by Girls	Cafeteria Style
Pole Vault	Girls followed by Boys	(G-1.55m/5')(B-1.85m/6')

RUNNING EVENTS - FINALS

5:30 PM

All events girls followed by boys

Sprint Medley (100-100-200-400)
100m Hurdles
100m Dash
4x200m Relay
1600m Run
4x100m Relay
400m Dash
800m Run
200m Dash
4x400m Relay