



## Order of Events

Tuesday 4/28/26

**3:30 PM** Coaches Meeting

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### FIELD EVENTS- 3 Throws/Jumps

**4:00 PM**

Javelin - Girls followed by Boys (G-20m/65')(B-25m/82')  
Shot Put - Girls followed by Boys (G-8m/26')(B-10m/32')  
Discus - Boys followed by Girls (G-20m/65')(B-25m/82')  
High Jump - Boys followed by Girls (G-1.2m/3'11")(B-1.5m/4'11")  
Long Jump(S pit) - Boys/Girls Cafeteria Style  
Triple Jump(N pit) - Girls/Boys Cafeteria Style  
Pole Vault - Girls followed by Boys (G-1.85m/6')(B-2.45m/8')

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**5:15 PM**

### SENIOR NIGHT

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#### RUNNING EVENTS

*All events girls followed by boys unless noted*

**5:30 PM**

4x800m Relay  
100m Hurdles  
110m High Hurdles  
100m Dash  
4x200m Relay  
1600m Run  
4x100m Relay  
400m Dash  
300m Low Hurdles  
300m Int. Hurdles  
Sprint Medley (100x100x200x400)  
800m Run  
200m Dash  
3200m Run  
4x400m Relay