

# Order of Events

Field events are usually run simultaneously

Long Jump

Triple Jump

High Jump

Pole Vault

Shotput

Discus

Running events are usually in this order

3200 (usually ran during field events)

4x100 Relay

800

100 Hurdles / 110 Hurdles

100

4x200 Relay

400

300 Hurdles

200

1600

4x400 Relay