

REGULAR SEASON MEET
ORDER OF GIRLS' & BOYS' EVENTS
RUNNING EVENTS

| | | |
|--------------------------|-------------------------------|-------------|
| 4 x 800 m RELAY | GIRLS- BOYS (may be combined) | 3:15 |
| 100/110 m HURDLES | GIRLS - BOYS | |
| 100 m DASH | GIRLS - BOYS | |
| 1500 m RUN | GIRLS - BOYS | |
| 4 x 100 m RELAY | GIRLS - BOYS | |
| 400 m RUN | GIRLS - BOYS | |
| 800 m RUN | GIRLS - BOYS | |
| 300 m HURDLES | GIRLS - BOYS | |
| 200 m DASH | GIRLS - BOYS | |
| 3000 m RUN | GIRLS - BOYS | |
| 4 x 400 m RELAY | GIRLS - BOYS | |

FIELD EVENTS

| | | |
|--------------------|-------------------------|----------------------------|
| POLE VAULT | GIRLS - BOYS | 3:15 |
| JAVELIN | BOYS - GIRLS | 3:15 |
| LONG JUMP | BOYS and GIRLS (2 pits) | 3:30 |
| SHOT PUT | GIRLS - BOYS | 3:30 |
| HIGH JUMP | GIRLS - BOYS | 3:30 |
| DISCUS | BOYS - GIRLS | 3:30 |
| TRIPLE JUMP | BOYS and GIRLS (2 pits) | Following Long Jump |

- ❑ Max. 6 athletes per event
(Except 800, 1500, 3000 unlimited) and 2 relay teams for each race
 - ❑ 4 throws and jumps (no finals)
- Starting heights: HJ 4' girls, 4'6" boys PV 7' girls, 7'6" boys
- ❑ Spikes allowed: 1/8 max. size exposed
 - ❑ Absolutely no tape on track including relay and jumps