

**ESSEX HIGH SCHOOL
BOYS AND GIRLS TRACK AND FIELD**

**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 (may be combined)	
400 m RUN	GIRLS - BOYS	
300 m HURDLES	GIRLS - BOYS	
800 m RUN	GIRLS - BOYS	
200 m DASH	GIRLS - BOYS	
3000 m RUN	GIRLS – BOYS (may be combined)	
4 x 400 m RELAY	GIRLS – BOYS (may be combined)	

FIELD EVENTS

POLE VAULT	GIRLS - BOYS	3:15
JAVELIN	GIRLS - BOYS	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

- All Running Events – Unlimited Entries
 - All Field Events – Max 4 per team
 - 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, chalk is OK