

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

**REGULAR SEASON MEET**

**ORDER OF GIRLS' & BOYS' EVENTS**

**RUNNING EVENTS**

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

**FIELD EVENTS**

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

- All Running Events – Unlimited Entries
- All Field Events – BHS - Max. 6 athletes per event (except the host school)  
ESS - Unlimited Entries
- 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

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