

Dual Meet- Order of Events

Field events

Var Discus & JV Shot (switch when both are over)
Long Jump, High Jump, & Pole Vault

Track events

(1st race – Varsity; 2nd & subsequent races – JV)

#1- 4x800m Relay (3200m Relay) – Var & JV
combined

#2- 110m High Hurdles

#3- 100m Dash

#4- 1600m Run – Var & JV might be combined
(usually separate)

#5- 4x100m Relay (400m Relay)

#6- 400m Dash

#7- 300m Intermediate Hurdles

#8- 800m Run

#9- 200m Dash

#10- 3200m Run – Var & JV combined

#11- 4x400m Relay (1600m Relay)