

Track Meet Order of Events for Regular Meets

(Normal meet time during the week: 4:30pm)

(If JV and V can be combined in a heat, they will be. Otherwise, Varsity runs first followed by JV)

Field events and 4 x 800 Relay

4 x 100 Relay

3200

100 Hurdles

100 Dash

800

4 x 200 Relay

400

300 Hurdles

1600

200

4 x 400 Relay