

WESCO TRACK AND FIELD

ORDER OF EVENTS

RUNNING EVENTS

- | | |
|------------------------|-----------------------|
| G - 800 M Relay | B - 300 M Low Hurdles |
| G - 3200 M Run | G - 300 M Low Hurdles |
| B - 110 M High Hurdles | B - 800 M Run |
| G - 100 M High Hurdles | G - 800 M Run |
| B - 100 M Dash | B - 200 M Dash |
| G - 100 M Dash | G - 200 M Dash |
| B - 1600 M Run | B - 3200 M Run |
| G - 1600 M Run | B - 1600 M Relay |
| B - 400 M Relay | G - 1600 M Relay |
| G - 400 M Relay | |
| B - 400 M Dash | |
| G - 400 M Dash | |

FIELD EVENTS

A. Shot Put - Discus - Javelin

The girls will throw the discus while the boys throw the shot. Upon completion, the groups will exchange areas. Boys will precede the Girls in javelin. The host school may have the option of open pit, based upon facility and meet management.

B. Long Jump/Triple Jump

Boys and girls will long jump first and triple jump afterwards.

C. High Jump

Boys will jump first with starting height of 5'0". Girls will begin when boys are finished with starting height of 4'0".

D. Pole Vault

Girls will go first with a starting height of 7'0" or a pre-meet determined height. Boys will come into competition at 9'0" after the girls are finished.

up to
meet
host
to
est.
meet
height.