

Typical Order of Events High School Track and Field

Note –

- ✓ Girls' events will **ALWAYS** precede boys' events.
- ✓ Parents of athletes are reminded to stay off the infield (reserved for athletes and coaches only) Do not "pace" your athletes as they run.
- ✓ Most region meets will begin approx. at 5pm

Running Events - *Some schools may deviate slightly from this order.*

Girls 4x100 Relay
Boys 4x100 Relay
Girls 4x800 Relay
Boys 4x800 Relay
Girl's 100 Hurdles
Boy's 100 Hurdles
Girl's 100M
Boy's 100M
Girl's 1600M
Boy's 1600M
Girl's 400M
Boy's 400M
Girl's 400 Hurdles
Boy's 400 Hurdles
Girl's 800M
Boy's 800M
Girl's 200M
Boy's 200M
Girl's 3200M
Boy's 3200 M
Girl's 4x400 Relay
Boy's 4x400 Relay

Field Events (Begin with girls and then rotates)

Girl's high jump, triple jump, pole vault, and shot put
Boy's long jump, discus

Followed by...

Boy's high jump, triple jump, pole vault, and shot put
Girl's long jump, discus