

Track Meet Event Order

Field events: Shot, Discus, High Jump, Long Jump begin the meet and are usually “open pit” which means that athletes may sign in and out as needed to in order to compete in their running events.

100m hurdles

100m ($\frac{1}{4}$ lap)

1600m (1 mile or 4 laps)

4X100m (400m) relay

400m (one lap)

800m (two laps)

200m ($\frac{1}{2}$ lap)

4X200m (800m) relay

Girls' and boys' races are run separately unless there are just a few runners. If there limited runners, the boys and girls will be combined for a race but timed separately. This can sometimes happen in the longer runs and relays.