

Dual Meet

Girls go first, followed by Boys.

Running Events

2:00 PM

1600 meter Run

100m/ 110m Hurdles

100m Dash

4X100 Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m

4x400

Field Events

2:00 PM

(Shot will be held first followed by Disc)

Boys/Girls Shot Put

Girls/Boys Discus

Boys/Girls Javelin

Girls/Boys High Jump

Open

Boys/Girls LongJump