Shore Conference – Order of Events for ‘Dual’ Track and Field Meets

**Jumps Track Field**

Long Jump 400 Hurdles Shot Put

High Jump & Pole Vault 100 Meter Discus

Triple Jump (after the Relay) 1600 Meter Javelin

400 Meter

100/110 Hurdles

800 Meter

200 Meter

3200 Meter

4 X 400

Order of Events for ‘Double Dual” Track & Field Meets

**Jumps Track (Girls First) Field (Girls First)**

Long Jump (Open Pit) 400 Hurdles Shot Put

Girls & Boys – 1 hr 15 min 100 Meter Discus

Girls High Jump & Pole Vault 1600 Meter## Javelin

Followed by Boys HJ and PV 400 Meter

Triple Jump (Open Pit) 100/110 Hurdles

after the conclusion of the LJ 800 Meter

1 hr 15 min 200 Meter

3200 Meter##

4 X 400

## - you may combine boys and girls in these races

\* - Girls HJ and PV should begin by the start of the 400 meter dash

\*\* - If you have enough officials, you may run the following order for the field events: Girls SP & Boys DT, Girls DT & Boys SP, Boys Jav followed by Girls Jav