



RUNNING ORDER OF EVENTS

1. 4x800 M Relay
2. 100/110 M Hurdles
3. 100 M Dash
4. 4x200 M Relay
5. 1600 M Run
6. 4x100 M Relay
7. 400 M Dash
8. 300 M Hurdles
9. 800 M Dash
10. 200 M Dash
11. 3200 M Run
12. 4x400 M Relay

FIELD EVENTS

Shot Put
Discus
High Jump
Long Jump
Pole Vault

ORDER OF RUNNING EVENTS

Even Years: Boys events will run first

Odd Years: Girls events will run first

ORDER OF FIELD EVENTS

Even Years: Girls discus, pole-vault and long jump first. (Followed by Boys discus, pole vault and long jump) Boys shot put and high jump. (Followed by Girls shot put and high jump.)

Odd Years: Boys discus, pole-vault and long jump first. (Followed by Girls discus, pole vault and long jump) Girls shot put and high jump. (Followed by Boys shot put and high jump.)

SCORING OF POINTS

Dual Meets

Individual Events: 5 pts for 1st place, 3 pts for 2nd, 1 pt for 3rd

Relay events: 5 points for the first place relay team only

Invitational and Championship Meets

10-8-6-5-4-3-2-1 points
for the top 8 positions, respectively

