

Order of Events
Indoor Track and Field

*All events are GIRLS followed by BOYS
unless otherwise specified.*

Novice 300 meters

Novice 800 meters

4 x 200 meter relay

55 meter hurdles (freshmen first)

4 x 800 meter relay

300 meter dash

1500 / 1600 meter run

600 meter run (varsity followed by freshmen)

3000 / 3200 meter run

1000 meter run (varsity followed by freshmen)

55 meter dash (varsity followed by freshmen)

4 x 400 meter relay (varsity followed by freshmen)

Field Events

Shot Put

Triple Jump followed by Long Jump

Pole Vault (continuous bar)

High Jump (continuous bar)