Order of events:

100 Hurdles

110 Hurdles

Open 100m Dash

1600m

4x100

400m

300 Hurdles

800m

Medley

200m

3200m

4x400m

All Javilin must be competed first! We need to be done with Javilin by 4:30

Boys long/girls high then switch.

Boys Shot /girls Disc then switch.