

# Weber District Track and Field Order of Events

3:00	Girls Shot Put	Boys to follow
	Boys Discus	Girls to follow
	Girls High Jump	Boys to follow
	Boys Long Jump	Girls to follow

3:00 Girls 100 M Hurdles  
Boys 110 M Hurdles

Girls 1600 M Run  
Boys 1600 M Run

Girls 100 M Dash  
Boys 100 M Dash

Girls 400 M Dash  
Boys 400 M Dash

Girls 4x100 M Relay  
Boys 4x100 M Relay

Girls 800 M Run  
Boys 800 M Run

Girls Medley Relay  
Boys Medley Relay

Girls 200 M Dash  
Boys 200 M Dash

4x100 Combo Relay

Girls 4x400 M Relay  
Boys 4x400 M Relay

**Have your athletes report to the starting line of their event on “first call” for their lane assignments.**

**The meet will be run as quickly as possible. Please listen to the announcer for calls.**

Starting Heights

Girls high Jump                   4’00”

Boys High Jump                   5’00”

4 throws and jumps, no finals