

## ORDER OF EVENTS

### **IMPORTANT NOTE FOR ALL ATHLETES – NO SPIKES WILL BE ALLOWED FOR ANY EVENT – TRACK OR FIELD !**

Training Flats, Racing Flats, Spike Less Spikes, Cross Country & Track Spikes **WITH SPIKES REMOVED** only !

This will be reinforced and strictly enforced at the time of check in for each event.

#### Track Events (Girls followed by Boys):

Distance Medley Relay

60m Hurdles – Starting blocks allowed

60m Dash – Starting blocks allowed

Mile

400m – **No** Starting blocks

800m

200m – Starting blocks allowed for the **first 3 heats only**. No starting blocks for heats 4 and higher

3000m

4x200m Relay – No starting blocks

4x400m Relay – No starting blocks

#### Field Events:

Shot Put – (Girls then Boys – 4 throws / no finals)

Pole Vault – (One pit)

Long Jump & Triple Jump (Open Pit Format closing at 8:30pm – 4 jumps / no final)

High Jump – (Two Pits: will open following the 60m Dash)