

TRACK ORDER OF EVENTS

RUNNING EVENTS

4 x 800 METER RELAY (1 heat)

110 METER HIGH HURDLES

100 METER DASH

4 X 200 RELAY

1600 METER RUN (1 heat)

4 x 100 METER RELAY

400 METER DASH

300 METER HURDLES IM

800 METER RUN

200 METER DASH

3200 METER RUN (1 heat)

4 x 400 METER RELAY (1 heat)