

# **EVENT ORDER**

**4 x 800m**

**100/110m Hurdles**

**100m dash**

**4x200m relay**

**1600m**

**4x100m relay**

**400m dash**

**300m Hurdles**

**800m dash**

**200m dash**

**3200m run**

**4x400m**

## **FIELD EVENTS**

\*If doing field & running events you need to complete field events in-between running events.

**Shot Put**

**Discus**

**High Jump**

**Long Jump**

**Triple Jump**