

# Freeway League

## Track & Field Order of Events

1. Girls F/S – Varsity 3200
2. Girls F/S 400 Relay
3. Boys F/S 400 Relay
4. Girls 400 Relay
5. Boys Varsity 400 Relay
6. Boys F/S 1600
7. Boys Varsity 1600
8. Boys F/S 110 HH
9. Boys Varsity 110 HH
10. Girls F/S 110 HH
11. Girls Varsity 110 HH
12. Girls F/S 400
13. Boys F/S 400
14. Girls Varsity 400
15. Boys Varsity 400
16. Girls F/S 100
17. Boys F/S 100
18. Girls Varsity 100
19. Boys Varsity 100
20. Girls F/S 800
21. Boys F/S 800
22. Girls Varsity 800
23. Boys Varsity 800
24. Boys F/S 300 IH
25. Boys Varsity 300 IH
26. Girls F/S 300 IH
27. Girls Varsity 300 IH
28. Girls F/S 200
29. Boys F/S 200
30. Girls Varsity 200
31. Boys Varsity 200
32. Girls F/S 1600
33. Girls Varsity 1600
34. Boys F/S - Varsity 3200
35. Girls F/S 1600 Relay
36. Boys F/S 1600 Relay
37. Girls Varsity 1600 Relay
38. Boys Varsity 1600 Relay

### **HIGH JUMP - Starting Heights in BOLD**

BV – **5'6"** – Raise bar 2" until 6'0"

GV – **4'2"** – Raise bar 2" until 4'8"

B F/S – **4'8"** – Raise bar 2" until 5'8"

G F/S – **3'8"** – Raise bar 2" until 4'0"

**LONG JUMP / TRIPLE JUMP** (Competition begins at 3:15pm – **2 hour time limit**)

**SHOT PUT ORDER** (Competition begins at 3:15pm) – BV, GV, B F/S, G F/S

**DISCUS ORDER** (Competition begins at 3:15pm) – B F/S, G F/S, BV, GV