

Capital Valley Conference Track and Field Center Meet 2 - Order Of Events

Order of Running Events Beginning 3:30 PM

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|----------------------------------|------------------------------------|
| 1. 100 M H – Varsity Girls | 16. 300 M L H - Frosh/Soph Boys |
| 2. 110 M I H - Frosh/Soph Boys | 17. 300 M L H - Varsity Girls |
| 3. 110 M H H - Varsity Boys | 18. 300 M I H - Varsity Boys |
| 4. 400 M Relay - Frosh/Soph Boys | 19. 800 M - Frosh/Soph Boys |
| 5. 400 M Relay - Varsity Girls | 20. 800 M - Varsity Girls |
| 6. 400 M Relay - Varsity Boys | 21. 800 M - Varsity Boys |
| 7. 1600 M- Frosh/Soph Boys | 22. 200 M - Frosh/Soph Boys |
| 8. 1600 M – Varsity Girls | 23. 200 M - Varsity Girls |
| 9. 1600 M - Varsity Boys | 24. 200 M - Varsity Boys |
| 10. 400 M - Frosh/Soph Boys | 25. 3200 M - Frosh/Soph Boys |
| 11. 400 M - Varsity Girls | 26. 3200 M - Varsity Girls |
| 12. 400 M - Varsity Boys | 27. 3200 M - Varsity Boys |
| 13. 100 M - Frosh/Soph Boys | 28. 1600 M Relay - Frosh/Soph Boys |
| 14. 100 M - Varsity Girls | 29. 1600 M Relay - Varsity Girls |
| 15. 100 M - Varsity Boys | 30. 1600 M Relay - Varsity Boys |

Order Of Field Events - Beginning @ 3:30 PM			
Pole Vault (RA) **	Frosh/Soph Boys	Varsity Boys	
Pole Vault (RB)	Varsity Girls		
High Jump **	Frosh/Soph Boys	Varsity Boys	Varsity Girls
Shot Put **	Varsity Girls	Varsity Boys	Frosh/Soph Boys
Discus **	Varsity Boys	Frosh/Soph Boys	Varsity Girls
Long Jump	Open Pit	Open Pit	Open Pit
Triple Jump	Open Pit	Open Pit	Open Pit
RA = Runway A, RB = Runway B			
**The next field event will start as soon as the previous is over			

High Jump / Pole Vault Opening Heights			
	Frosh/Soph Boys	Varsity Girls	Varsity Boys
High Jump	4' 6"	4' 0"	5' 0"
Pole Vault	8' 0"	6' 0"	9' 0"

Field Events (Long/Triple Jump, Shop Put/Discus): 4 attempts.

Long and Triple Jump: Open pit for all divisions. All Athletes must be signed in by the start of the Girls 100 Hurdles. Pits close at the start of the Frosh/Soph Boys 1600 relay.

Starting Blocks: Furnished by Host High School. Schools may bring their own.

Relay Batons: Teams supply their own.

Spike Length: ¼ " or less no exceptions.