

## Capital Athletic League Track and Field Finals - Order Of Events

### Order of Running Events - Beginning at 3:30

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1. 100 M H – Varsity Girls       | 16. 3200 M - Frosh/Soph Boys       |
| 2. 110 M I H - Frosh/Soph Boys   | 17. 300 M L H - Frosh/Soph Boys    |
| 3. 110 M H H - Varsity Boys      | 18. 300 M L H - Varsity Girls      |
| 4. 1600 M- Frosh/Soph Boys       | 19. 300 M I H - Varsity Boys       |
| 5. 400 M Relay - Frosh/Soph Boys | 20. 800 M - Frosh/Soph Boys        |
| 6. 400 M Relay - Varsity Girls   | 21. 800 M - Varsity Girls          |
| 7. 400 M Relay - Varsity Boys    | 22. 800 M - Varsity Boys           |
| 8. 1600 M – Varsity Girls        | 23. 200 M - Frosh/Soph Boys        |
| 9. 1600 M - Varsity Boys         | 24. 200 M - Varsity Girls          |
| 10. 400 M - Frosh/Soph Boys      | 25. 200 M - Varsity 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 at 3:30 PM

Pole Vault **	Varsity Girls	Frosh/Soph Boys	Varsity Boys
High Jump **	Frosh/Soph Boys	Varsity Girls	Varsity Boys
Shot Put **	Frosh/Soph Boys	Varsity Girls	Varsity Boys
Discus **	Varsity Girls	Varsity Boys	Frosh/Soph Boys
Long Jump **	Varsity Boys	Varsity Girls	Frosh/Soph Boys
Triple Jump **	Varsity Girls	Frosh/Soph Boys	Varsity Boys

\*\*The next field event will start as soon as the previous event is over - we may be ahead of schedule.

<b>High Jump / Pole Vault Opening Heights</b>			
	Frosh/Soph Boys	Varsity Girls	Varsity Boys
High Jump	4' 6"	4' 0"	5' 0"
Pole Vault	8' 0"	7' 0"	9' 0"

**Field Events (Long/Triple Jump, Shop Put/Discus):** 3 attempts, top 9 to finals for 3 more attempts.

**Starting Blocks:** Furnished by Bella Vista High School. Schools may bring their own.

**Relay Batons:** Teams supply their own.

**Spike Length:** ¼ " or less no exceptions.