Capital Valley Conference Track and Field Center Meet 3 - Order Of Events

Order of Running Events
Beginning 4:00 PM

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

Order Of Field Events - Beginning @ 4:00 PM			
Pole Vault **	Varsity Girls	Frosh/Soph Boys	Varsity Boys
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
**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: 3/16 " or less no exceptions.