

NORTH HIGH TRACK & FIELD

ORDER OF EVENTS

4 X 800M RELAY

110M HIGH HURDLES

100M DASH

4 X 200M RELAY

1600M RUN

4 X 100 M RELAY

400M DASH

300M INTERMEDIATE HURDLES

800M DASH

200M DASH

3200 M RUN

4 X 400M RELAY

**Field Events will be going on throughout the meet.
Remember to check out of your field event before you
go to your running event. Upon completion of your
running event immediately return to your field event!**