



Tri-Rivers Conference Track Meet

- **Field Events Schedule:**

- Shot put: Girls, then Boys
 - Discus: Boys, then Girls
- Long Jump: Boys, then Girls
- High Jump: Girls, then Boys

- **Running Events:**

• *We will follow the required order of events for a Coed meet with no preliminaries. Girls events will run first, followed by the boys. Heats will run slow to fast.*

- 800m sprint medley relay
 - 3000/3200m run
 - 4 x 800m relay
 - **45-Minute Break**
 - Shuttle Hurdle relay
 - 100m dash
- 100m wheelchair (if necessary)
- 1600m distance medley relay
 - 400m dash
- 400m wheelchair (if necessary)
 - 4 x 200m relay
 - 100/110m hurdles
 - 800m run
 - 200m dash
- 200m wheelchair (if necessary)
 - 400m hurdles
 - 1500/1600m run
 - 4 x 100m relay
 - 4 x 400m relay

