



OUTDOOR TRACK AND FIELD

Order of events - 2022

Coaches Meeting 8:30

Track Events 9:00am			Field Events	
			9:00 am	
2000 m		Mid	Long Jump	Mid
3000 m		Juv	Shot put	Mid
150 m	Heats	Ban	Javelin	Juv
200 m	Heats	Mid/Juv	High Jump	Ban
800 m		All	Discus	Ban
150m	Finals	Ban	Triple Jump	Juv
200 m	Finals	Mid/Juv		
BREAK			10:30 am	
300 m		Mid	Long Jump	Ban
400 m		Juv	Shot Put	Ban
80 m	Heats	Ban	Javelin	Mid
100 m	Heats	Mid/Juv	High Jump	Juv
1200 m		Ban	Discus	Juv
1200 m		Mid	Triple Jump	Mid
80 m	Finals	Ban		
100 m	Finals	Mid/Juv	12:30 pm	
1500 m		Juv	Long Jump	Juv
4 x 400 m		Juv	Shot Put	Juv
4 x 100 m		All	Javelin	Ban
			High Jump	Mid
			Discus	Mid

All track events will be Ban, Mid, Juv