

# OUTDOOR TRACK AND FIELD

## Order of events - Qualifying Meets

### Coaches Meeting 8:30

#### Track Events 9:00am

400 m Hurdles		Juv
2000 m		Cad
3000 m		Juv
150 m	Heats	Ban
200 m	Heats	Cad/Juv
800 m		All
150m	Finals	Ban
200 m	Finals	Cad/Juv
Sprint Hurdles		All

#### BREAK

300 m		Cad
400 m		Juv
80 m	Heats	Ban
100 m	Heats	Cad/Juv
1200 m		Ban/Cad
1500 m		Juv
80 m	Finals	Ban
100 m	Finals	Cad/Juv
4 x 400 m		Juv
4 x 100 m		Al

#### Field Events

#### 9:00am

Long Jump	Cad
Shot put	Cad
Javelin	Juv
High Jump	Ban
Discus	Ban
Triple Jump	Juv

#### 10:30 am

Long Jump	Ban
Shot Put	Ban
Javelin	Cad
High Jump	Juv
Discus	Juv
Triple Jump	Cad

#### 12:30 pm

Long Jump	Juv
Shot Put	Juv
Javelin	Ban
High Jump	Cad
Discus	Cad

All track events will be Ban, Cad, Juv unless otherwise indicated