



GMAA

## GMAA OUTDOOR TRACK AND FIELD Order of events – Championship 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	Heats	All

**BREAK**

Sprint Hurdles	Final	Juv
Sprint Hurdles	Final	Cad
Sprint Hurdles	Final	Ban
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		All

**Field Events  
9:00 am**

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