

## South Coast League Track and Field Order of Events

### Running Events

2:45 Start Time

1. G FS 1600
2. B FS 1600
3. G FS 4 x 100 Relay
4. G V 4 x 100 Relay
5. B FS 4 x 100 Relay
6. B V 4 x 100 Relay
7. G V 1600
8. B V 1600
9. G FS 100 HH
10. G V 100 HH
11. B FS 110 HH
12. B V 110 HH
13. G FS 400
14. G V 400
15. B FS 400
16. B V 400
17. G FS 100
18. G V 100
19. B FS 100
20. B V 100
21. G FS 800
22. G V 800
23. B FS 800
24. B V 800
25. G FS 300 IH
26. G V 300 IH
27. B FS 300 IH
28. B V 300 IH
29. G FS 200
30. G V 200
31. B FS 200
32. B V 200
33. G FS and V 3200
34. B FS, JV and V 3200
35. G FS 4 x 400
36. G V 4 x 400
37. B FS 4 x 400
38. B V 4 x 400

## South Coast League Field Events

### Field Events

3:00 pm Shot Put Boys Varsity first, FS to follow; Girls to follow boys; 3 throws in prelims /3 in finals for Varsity; 3 throws for FS

3:00 pm Discus Girls Varsity first, FS to follow; Boys to follow girls; 3 throws in prelims /3 in finals for Varsity; 3 throws for FS

3:00 pm Pole Vault (earlier start if possible)

3:15 pm High Jump Boys Varsity first, FS to follow; Girls to follow boys, Varsity first, FS to follow

3:15 pm Long Jump (1<sup>st</sup> pit open 2 hours; 4 jumps for Varsity; 3 jumps for FS)

3:15 pm Triple Jump (2<sup>nd</sup> pit open 2 hours; 4 jumps for Varsity; 3 jumps for FS)

### Pole Vault Starting Heights

G FS 6'6"

G V 7'6"

B FS 8'0"

B V 9'0"

### High Jump Starting Heights

G FS 4'0"

G V 4'4"

B FS 4'6"

B V 5'2"