

Dual Meet – Order of Events and approximate time schedule

Approx time	Track	Field
3:00	G JV 4x100 B JV 4x100 G V 4x100 B V 4x100	<u>At each event venue:</u> <u>Competition usually starts</u> same time as first track event (3:00)
3:15	G JV 1600 B JV 1600	<u>Divisions</u> are competed in sequence. Check at event to find out the sequence unless it is posted centrally.
3:30	G V 1600 B V 1600	
3:45	G JV 100 Hurdles G V 100 Hurdles	<u>Shot and disc</u>
4:00	B JV 110 Hurdles B V 100 Hurdles	Girls start at one. Boys at the other.
4:10	G JV 400 B JV 400	If shot is BV, BJV, GV, GJV
4:25	G V 400 B V 400	Disc is GV, GJV, BV, BJV
4:20	G JV 100 B JV 100 G V 100 B V 100	<u>Long and triple jump</u> Two pits. (Boys & Girls). Long jump first.
4:45	G JV 800 B JV 800	Triple jump starts after LJ Is finished.
4:55	G V 800 B V 800	
5:05	G JV 300 Hurdles G V 300 Hurdles B JV 300 Hurdles B V 300 Hurdles	<u>High Jump and Pole Vault</u> Usually Girls first. Then boys. Usually JV before Varsity.
5:20	G JV 200 B JV 200 G V 200 B V 200	
5:40	Girls 3200 (JV and Varsity together)	
5:55	Boys 3200 (JV and Varsity together)	
6:10	G JV 4x400 B JV 4x400 G V 4x400 B V 4x400	
6:30	End	
7:00	Clean-up complete	