

**RUNNING EVENTS OCCUR IN THE FOLLOWING ORDER**  
**AND BEGIN AT 8:45**

3000M----- MG, MB, YG, YB, IG, IB, YW, YM

100m low hurdles----- YM, IB, YB, YW, IG, YG

80M low ----- MG, MB

4 x 100 relays----- GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

1,500m----- GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

400m----- GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

100m----- GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

800m----- GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

200m----- GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

4 x 400 relays-----BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

**ALL FIELD EVENTS RUN CONCURRENTLY**  
**FIELD EVENTS BEGIN AT 8:30**

HIGH JUMP-----BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

LONG JUMP-----GG, GB, IB, IG, YM, YW, MG, MB, YG, YB, BG, BB

SHOT PUT-----YB, YG, IG, IB, YW, YM, BG, BB, MG, MB

Note : Young Women and Young Men will compete with Intermediate's, but be scored separately

**ALL THE BEST TO EACH AND EVERY RUNNER, AND MAY YOUR DAY  
BE FILLED WITH MANY PERSONAL RECORDS!!**