

# THUNDER TRACK AND FIELD

## Order of Events

### **3:45    ALL FIELD EVENTS**

\*GIRLS SHOT PUT *followed by* BOYS

\*GIRLS/BOYS POLE VAULT

\*BOYS DISCUS *followed by* GIRLS

\*OPEN LONG JUMP

\*GIRLS HIGH JUMP *followed by* BOYS

\*OPEN TRIPLE JUMP

**4:00        4 X 800 METER RELAY (B&G)**

**4:15        100/110 HIGH HURDLES**

**4:35        100 METER DASH**

**4:55        1600 METER RUN**

**5:15        4 X 100 METER RELAY**

**5:30        400 METER DASH**

**5:45        300 LOW HURDLES**

**6:00        800 METER RUN**

**6:15        200 METER DASH**

**6:30        3200 METER RUN (B&G)**

**6:45        4 X 400 METER RELAY**