

ORES

Regional Order of Events

(State Qualifiers-Top 4 in each event from each Regional)

Events:

100 Low (30") Hurdles
 300 m Low (30") Hurdles
 100 m dash
 200 m dash
 400 m dash
 800 m run
 1600 m run
 Relays: 400 m, 800 m, 1600 m
 Field Events: High Jump, Long Jump, Shot (8 lb.), Discus (1 kg.)

Time: Coaches Meeting 9:20 A.M.
 Field Events 9:30 A.M.
 Running Events 11:00 A.M. (or, after the completion of high jump/long jump, whichever is earliest)

Order of Events: (Timed Finals)

100 m Low (30") Hurdles
 400 m Relay
 800 m Run
 100 m Dash
 400 m Dash

Break (20-30 Minutes)

300 m Low (30") Hurdles
 800 m Relay
 1600 m
 200 m Dash
 1600 m Relay

Field Event Order:	(1)	(2)	(3)	(4)	(5)	(6)
Div 1 Girls:	High Jump	Shot Put				Discus/Long Jump
Div 1 Boys:	Long Jump	Discus		High Jump	Shot Put	
Div 2 Girls:	Shot Put		High Jump	Discus	Long Jump	
Div 2 Boys:	Discus		Long Jump	Shot Put	High Jump	
Div 3 Girls:		High Jump	Shot Put	Long Jump	Discus	
Div 3 Boys:		Long Jump	Discus			High Jump/Shot Put