Running Event Order 5:30 start time	
3200m Run	7th grade and up (June 9 and June 23)
1600m Run	5th grade and up (June 16 and June 30)
100H/110Hurdles	7th grade and up
40yd Mini Hurdles	2nd grade and below
4 x 100 Relay	3rd grade and above
400m	3rd grade and above
Football 40yd	All ages
100m	All ages
800m	3rd grade and above
200m	All ages
Relays: If a relay is combined, athletes will need to compete with the age of the oldest runner in the relay.	

Field Events 4:45-5:00pm Start time	
High Jump 6th and older	**Pole Vault** High school and above w/experience
Shot Put 5th and older	**Discus** (June 9 and June 30 only) 7th grade and above
Turbo Jav 4th grade and under	**Long jump** All ages