Standard Running Event Order

1. 4 x 800m

2. 100m IH/110m HH

3. 100m

4. 4 x 200m

5. 1600m

6. 4 x 100m

7. 400m

8. 300mIH

9. 800m

10. 200m

11. 3200m

12. 4 x 400m

- On a running time schedule there is not an exact time that an event will run. You need to pay attention to the events that are taking place around you. Listen for 1st, 2nd, and 3rd Call announcements for your events.