Generic Order – Most meets follow this order, Girls first, then Boys.

Order of Events Girls/Boys

- **Pole Vault**
- **Long Jump**
- **Women Shot Put**
- **High Jump**
- **Discus**
- **Triple Jump after LJ**

4 x 800 m

4 x 100

100m /110 Hurdles

Open 100 m dash

1600 m

400 m

400 m I. Hurdles

800 m

200m

3200 m

4 x 400 m