

7AAA REGIONAL TRACK & FIELD
ORDER OF EVENTS
MAY 4, 2022

- Field Events will start 2:30pm
 - Girls long jump/ Boys triple jump/ Girls High jump/ Girls discus/ Boys shot/ Boys pole vault
 - Boys long jump/ Girls triple jump/ Boys high jump/ Boys discus /Girls shot/ Girls pole vault
- 4:30 -5:30 Girls Javelin/Boys Javelin
- Running events will start at approximately 4:30pm (girls followed boys, we will combine some running events to save time)
 - Girl – 4 x 100m Relay
 - Boys – 4 x 100m Relay
 - Girls – 4 x 800m Relay
 - Boys – 4 x 800m Relay
 - Girls – 100m Hurdles
 - Boys – 110m Hurdles
 - Girls – 100 Meters
 - Boys – 100 Meters
 - Girls – 1600 Meters
 - Boys – 1600 Meters
 - Girls – 400 Meters
 - Boys – 400 Meters
 - Girls – 400 hurdles Meters
 - Boys – 400 hurdles meters
 - Girls – 800 Meters
 - Boys – 800 Meters
 - Girls – 200 Meters
 - Boys – 200 Meters
 - Girls – 3200 Meters
 - Boys – 3200 Meters
 - Girls – 4 x 400 Meters
 - Boys – 4 x 400 Meters