**2022 MCL Track and Field**

**ORDER OF EVENTS**

**2:15 Coaches Meeting** - Hospitality Room under Bleachers

**Field Events** (3 attempts, qualify 7 for finals with 3 more attempts)

**2:45** Women’s Pole Vault followed by Men’s

Men’s and Women’s Long Jump followed by Triple Jump (2 runways)

Men’s Javelin followed by Women’s (1 all-weather runway)

**3:00** Men’s and Women’s Discus (2 rings)

Men’s and Women’s Shot Put (2 rings)

Men’s and Women’s High Jump (2 pits)

**4:30 P.M. Preliminaries for Running Events** (Qualify 8)

Men’s 100 M Dash Women’s 100 M Dash

Men’s 200 M Dash Women’s 200 M Dash

Men’s 110 M HH Women’s 100 M HH

Women’s 3200 M Relay Men’s 3200 M Relay

**30 Minute Break**

**Finals**

Women’s 100 M HH Men’s 110 M HH

Women’s 100 M Dash Men’s 100 M Dash

Women’s 1600 M Run Men’s 1600 M Run

Women’s 400 M Relay Men’s 400 M Relay

Women’s 400 M Dash Men’s 400 M Dash

Women’s 300 M LH Men’s 300 M LH  
 Women’s 800 M Run Men’s 800 M Run

Women’s 200 M Dash Men’s 200 M Dash

Women’s 3200 Meter Run Men’s 3200 Meter Run

Women’s 1600 M Relay Men’s 1600 M Relay