



AH JH Invite-2026

Order Of Events

Coaches' & Officials' Meeting 8:45am

All Track Events: Boys Followed By Girls (exception of Hurdle Finals)

Track--9:00am Start (Rolling Time)

4x800m Relay
110m Hurdles--Final
100m Hurdles—Final
100m Dash--Final
1600m
4x100 Relay
400m
300m Hurdles
800m
200m
3200m
4x400 Relay

Field Events--Throws

9:00am Start

Girls Shot and Boys Discus--Then
Girls Discus and Boys Shot
Girls Jav--Boys Jav Follow Shot & Discus

Field Events--Jumps

9:00-11:00am: Girls and Boys Long Jump (open pit)
11:30-1:30pm: Girls and Boys Triple Jump (open pit)
9:00am: Boys High Jump--Girls to Follow
9:00am: Girls Pole Vault--Boys to Follow

Note: To accommodate our time restraints, the officials in HJ and Pole reserve the right to raise and lower the bar to keep the competition moving.