



Russell Track Club



Order of Events:

11:45 – Field event check-in and warm-up begins

12:00 – Field events begin

<u>High Jump</u>	<u>Long Jump (East Pit)</u>	<u>Long Jump (West Pit)</u>	<u>Shot Put</u>
Div.2 Girls	Div.3 Boys	Div.1 Girls	Div.2 Girls
Div.2 Boys	Div.3 Girls	Div.1 Boys	Div.2 Boys
Div.3 Girls	Div.2 Boys	Div.2 Girls	Div.3 Girls
Div.3 Boys			Div.3 Boys

<u>Discus</u>	<u>Turbo Javelin (East)</u>	<u>Turbo Javelin (West)</u>
Div.3 Boys	Div.2 Boys	Div.1 Boys
Div.3 Girls	Div.2 Girls	Div.1 Girls
	Div.3 Boys	Div.3 Girls

**Discretion is used by individual running event to work-in participants out of order if necessary!*

1:00 – Running event check-in begins

1:30 – Running events begin

100 Meter Hurdles – Div.3 Girls, Div.3 Boys

800 Meter Run - Div.1 Girls, Div.1 Boys, Div.2 Girls, Div.2 Boys, Div.3 Girls, Div.3 Boys

100 Meter Dash – Div.1 Girls, Div.1 Boys, Div.2 Girls, Div.2 Boys, Div.3 Girls, Div.3 Boys

50 Meter Dash – Div.1 Girls, Div.1 Boys

400 Meter Dash - Div.2 Girls, Div.2 Boys, Div.3 Girls, Div.3 Boys, Div.1 Girls, Div.1 Boys

1600 Meter run – Div.2 Girls, Div.2 Boys, Div.3 Girls, Div. 3 Boys

200 Meter Dash – Div.1 Girls, Div.1 Boys, Div.2 Girls, Div.2 Boys, Div.3 Girls, Div.3 Boys

4X100 Meter Relay - Div.1 Girls, Div.1 Boys, Div.2 Girls, Div.2 Boys, Div.3 Girls, Div.3 Boys