

**FREEWAY LEAGUE TRACK AND FIELD
ORDER OF EVENTS**

1. Girls V / FS 2 mile
2. Girls F/S 400 relay
3. Boys F/S 400 relay
4. Girls Var. 400 relay
5. Boys Var. 400 relay
6. Boys F/S mile
7. Boys Var. mile
8. Boys FS 110 HH
9. Boys Var. 110 HH
10. Girls F/S 100 LH
11. Girls Var. 100 LH
12. Girls F/S 400
13. Boys FS 400
14. Girls Var. 400
15. Boys Var. 400
16. Girls FS 100
17. Boys 100
18. Girls Var. 100
19. Boys Var. 100
20. Girls FS 800
21. Boys FS 800
22. Girls Var. 800
23. Boys Var. 800
24. Boys FS 300 H
25. Boys Var. 300 H
26. Girls F/S 300 H
27. Girls Var. 300 H
28. Girls FS 200
29. Boys FS 200
30. Girls Var. 200
31. Boys Var. 200
32. Girls F/S mile
33. Girls Var. Mile
34. Boys FS – Var. 2 mile
35. Girls F/S mile relay
36. Boys F/S mile relay
37. Girls Var. mile relay
38. Boys Var. mile relay

Field Events Order:

Shot put: Boys Var.
Girls Var.
Boys FS
Girls FS

Discus: Boys FS
Girls FS
Boys Var.
Girls Var.

High Jump:

Boys Var. (5'2" Raise Bar 2" until 6'0")
Girls Var. (4'0" Raise Bar 2" until 4'6")
Boys FS (4'8" Raise Bar 2" until 5'4")
Girls FS (3'6" Raise Bar 2" until 4'0")

Long Jump: 2hr. pit limit (Troy High School)

2.5 hours at all other league schools