

Valley League Championship

Track & Field Meet

Order of Events

Field Events Start at 3:00 pm

- Girls High Jump (opening height 3' 6")
- girls jump first followed by boys
- Boys High Jump (opening height 3' 10")

- Girls and Boys Long (must check in by 2:50)
- pits will be open for about 1 hour, then triple jump will start
- Girls and Boys Triple Jump (approximate start of 4:00 pm, must check in when event is announced)

- Boys Shot/ Girls Discus (must check in by 2:50)
- After all boys are complete with shot put, the girls will start.
- After all girls are complete with discus, the boys will start.

- Girls Shot/Boys Discus

Track Events (races) start at 3:30 pm

Must check in and get your hip tag before each race.

- 4 x 100 Relay
- 1600 (AKA mile)
- 100 Meter Hurdles (30 inch height)
- 400
- 100
- 800
- 300 Meter Hurdles (30 inch height)
- 200
- 4 X 400 Relay

Remember to check in and get your hip tag for your race.