

# *Ontario Relays*

Saturday February 18, 2023

## Order of Track Events

9:00am Start

4x1600m

100m Hurdles

110 m Hurdles

4x200m

1600m SMR

4x800m

4x100m

300m Low Hurdles

300m Intermediate Hurdles

100m

Distance Medley Relay

200m (Elite18)

4x400m

1. Distance Races will combine Divisions
2. Each event starts with Girls, followed by the Boys
3. Each event starts with D 3 and finishes with D1

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Order of Field Events

## **Long Jump- 9:00am**

Girls Div 3- North Pit	Boys Div 3- South Pit
Girls Div 2- North Pit	Boys Div 2- South Pit
Girls Div 1- North Pit	Boys Div 1- South Pit

## **High Jump-9:00am**

All Boys will jump together

All Girls will jump together

(Girls Immediately following the Boys)

## **Triple Jump**

Girls Div 3- North Pit	Boys Div 3- South Pit
Girls Div 2- North Pit	Boys Div 2- South Pit
Girls Div 1- North Pit	Boys Div 1- South Pit

**Shot Put- 9:00am**

Girls Div 3

Girls Div 2

Girls Div 1

Boys Div 3

Boys Div 2

Boys Div 1

**Discus – 9:00am**

Boys Div 3

Boys Div 2

Boys Div 1

Girls Div 3

Girls Div 2

Girls Div 1

**Pole Vault- 9:00am**

All Girls will jump together

All Boys will jump together

(Boys Immediately following the girls)