**Indoor Track and Field**

**Order of Events – Winter 2022-2023**

**Running Events: Girls then Boys (unless otherwise noted)**

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| **Event** |
| 55m HH Semis (B then G) |
| 55m Semis (B then G) |
| 4 x 800m Relay |
| 300m |
| 1600m |
| 500m |
| 55m HH Finals |
| 3200m (G) |
| 55m Finals |
| 3200m (B) |
| 4x200m Relay |
| 800m |
| 4 x 400m Relay |

**Field Events:**

Pole Vault: Boys then Girls

High Jump: Girls then Boys

Shot Put: Girls then Boys

There is NO TIME SCHEDULE. All events run a rolling basis and start after the previous event ends.

Note: This is the *typical* order of events. Invitational Meets may vary. Sometimes they will combine the B/G 3200m into one large race.