

# ORDER OF EVENTS

## THOMAS JEFFERSON COMMUNITY CENTER

### FIELD EVENTS

- 5:30 PM 1 Girls high jump – unlimited entries - starting height 4'0" (raise 2" to 5' 2") to be followed by  
2 boys high jump – unlimited entries - starting height 5'0" (raise 2" to 6' 2")
- 5:30 PM 3 Boys shot put – unlimited entries – three throws per contestant, to be followed by  
4 girls shot put – unlimited entries – three throws per contestant

### RUNNING EVENTS

- 5:30 PM 5 Girls - 4 x 800 meter relay (2 teams max per school)  
6 Boys - 4 x 800 meter relay (2 teams max per school)

### ONLY SCORING ATHLETES MAY USE STARTING BLOCKS IN 55 METER RACES!!!!

- 7 Girls – 55 meter hurdles – unlimited entries, run on homestretch  
8 Boys – 55 meter hurdles – unlimited entries, run on homestretch  
9 Girls – 55 meter dash – three runners per school, run on homestretch  
10 Boys – 55 meter dash – three runners per school, run on homestretch  
JV Girls – 55 meter dash – unlimited entries, run on backstretch - opposite side of track  
JV Boys – 55 meter dash – unlimited entries, run on backstretch - opposite side of track  
11 Girls – 4 x 200 meter relay – seven teams per school – 1<sup>st</sup> team only scores  
12 Boys – 4 x 200 meter relay – seven teams per school – 1<sup>st</sup> team only scores  
13 \*Girls – 1600 meter run – unlimited entries  
14 \*Boys – 1600 meter run – unlimited entries  
15 Girls – 500 meter dash – seven runners per school, three varsity & four JV  
16 Boys – 500 meter dash – seven runners per school, three varsity & four JV  
17 \*Girls – 1000 meter run – unlimited entries  
18 \*Boys – 1000 meter run – unlimited entries  
19 Girls – 300 meter dash – seven runners per school, three varsity & four JV  
20 Boys – 300 meter dash – seven runners per school, three varsity & four JV  
21 \*Girls – 3200 meter run – unlimited entries  
22 \*Boys – 3200 meter run – unlimited entries  
23 Girls – 4 x 400 meter relay (one team per school if start is after 9:45 p.m.)  
24 Boys – 4 x 400 meter relay (one team per school if start is after 9:55 p.m.)  
If 4 x 400 relays start before 9:45 p.m. a maximum of four teams per school may compete (two girls, two boys)

\* - Distance races (1000, 1600, 3200) – unlimited entries per event, however only six athletes per school (3 girls/3 boys) may run two open distance races – all other athletes are limited to one open distance race

Scoring – only three athletes are eligible per school per event to score

Miscellaneous - No spikes are allowed in the facility. Athletes will be disqualified for wearing spikes. Represent your school well by showing good sportsmanship and team play. Jewelry rule is in effect! No throwing or kicking balls, frisbees, hackey sacks, etc. Many thanks to coaches and athletes for placing trash in the proper receptacles.

**We always are in need of timers. If you wish to volunteer, please see the head timer! Thank you!**

## ORDER OF EVENTS @ EPISCOPAL 2008 - 2009

**Field House opens at 6:30 a.m.**

### **FIELD EVENTS**

- 7:30 a.m.** Girls - **High Jump** (all teams all Jumpers) - starting height 4'1" (raise 3")  
(After Girls-HJ) Boys - **High Jump** (all teams all Jumpers) - starting height 5'2" (raise 3")
- 7:30 a.m.** Boys - **Long Jump** (3-Scorers per team)  
(After Boys-LJ) Girls - **Long Jump** (3-Scorers per team)  
(After Girls-LJ) Boys - **Triple Jump** (3-Scorers per team)  
(After Boys-TJ) Girls - **Triple Jump** (3-Scorers per team)  
(After Girls-TJ) **Open Pit - Long Jump** (1 Hour Boys & Girls together)  
(After Open -LJ) **Open Pit - Triple Jump** (1 Hour Boys & Girls together)
- 7:30 a.m.** Boys - **Shot Put** (3-Scorers per team separate by meet)  
(After Boys-SP) Girls - **Shot Put** (3-Scorers per team separate by meet)  
(After Girls-SP) **Open - Shot Put** (1 Hour Boys & Girls together)
- 8:00 a.m.** Girls - **Pole Vault** (all teams all Vaulters)-Opening Height 7'0"(raise 6")  
(After Girls-PV) Boys - **Pole Vault** (all teams all Vaulters)-Opening Height 9'0"(raise 6")

### **RUNNING EVENTS** *(Rolling Schedule)*

- 7:20 a.m.** Girls - **4X880 yard Relay** (2 Teams)  
Boys - **4X880 yard Relay** (2 Teams)

**Only scoring Athletes MAY use starting BLOCKS in the 55m Dash - Non scorers will run first !!!**

- Girls - **55 meter Hurdles** (3 @ Quad-meet) scorers per school  
Boys - **55 meter Hurdles** (3 @ Quad-meet) scorers per school  
Girls - **55 meter Dash** (3 @ Quad-meet) scorers per school  
Boys - **55 meter Dash** (3 @ Quad-meet) scorers per school  
Girls - **4X220 yard Relay** (4 teams per school)  
Boys - **4X220 yard Relay** (4 teams per school)  
**\*\*Girls - 1600 meter Run** (First 3 from each team score)  
**\*\*Boys - 1600 meter Run** (First 3 from each team score)  
Girls - **500 meter Dash** (3 scorers per school & 4 Non-scorers per school)  
Boys - **500 meter Dash** (3 scorers per school & 4 Non-scorers per school)  
**\*\*Girls - 1000 meter Run** (3 scorers per school)  
**\*\*Boys - 1000 meter Run** (3 scorers per school)  
Girls - **4X220 yard Relay** (developmental - 3 per school)  
Boys - **4X220 yard Relay** (developmental - 3 per school)  
Girls - **300 meter Dash** (3 scorers per school & 4 Non-scorers per school)  
Boys - **300 meter Dash** (3 scorers per school & 4 Non-scorers per school)  
**\*\*Girls - 3200 meter Run** (First 3 from each team score)  
**\*\*Boys - 3200 meter Run** (First 3 from each team score)  
Girls - **4X440 yard Relay** (2 teams per school IF we start after 12:45pm)  
Boys - **4X440 yard Relay** (2 teams per school IF we start after 12:55pm)

**\*\*Distance Races:** Only 3 athletes can run 2 open distance races.  
Everyone else can only run 1 open distance race.