

AHSTW High School Coed Track Meet
Order of Events
Girls Running Events First, Followed by Boys

4:30 Field Events:

High Jump (Girls first)

Discus (Boys first)

Shot (Girls first)

Long Jump (Boys first)

5:00 Running Events:

800 M Sprint Medley Relay

3000 / 3200 M Run

4x800 M Relay

Shuttle Hurdle Relay

100 M Dash

1600 M Medley Relay

400 M Dash

4x200 M Relay

100 M Hurdles (Girls) / 110 M High Hurdles (Boys)

800 M Run

200 M Dash

RECOGNITIONS

400 M Hurdles

1500 / 1600 M Run

4x100 M Relay

4x400 M Relay