

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

4:00 Field Events:

High Jump (Girls first)

Discus (Boys first)

Shot (Girls first)

Long Jump (Boys first)

4:30 Running Events:

4 x 800 Meter Relay

Shuttle Hurdle Relay

100-Meter Dash

1600-Meter Medley Relay (200-200-400-800)

400-Meter Dash

4 x 200-Meter Relay

1500-Meter Run (girls)

1600-Meter Run (boys)

100-Meter Hurdles

200-Meter Dash

800-Meter Medley Relay (100-100-200-400)

200-Meter Hurdles

800-Meter Run

4 x 100-Meter Relay

4 x 400-Meter Relay