

Elk River Track Order of Events

Girls first in all running events unless listed as together.

4x800m Relay (B/G Together)

100/110m Hurdles

100m Dash

4x200m Relay

1600m Run

4 x 100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run (B/G Together)

4 x 400 Relay

Field Events: (Start of the Meet)

Long Jump & Triple Jump

High Jump

Pole Vault

Shot Put / Discus

Sometimes 4x800m and/or 3200m run are not held or run together

Sometimes the 4 x 800 and 3200 are run together at start of meet