

NBL Dual/Tri Meet Order of events

Track Events

Begin at 3:45

JV Girls **4 x 100M Relay**
JV Boys **4 x 100M Relay**
Varsity Girls **4 x 100M Relay**
Varsity Boys **4 x 100M Relay**

1600M JVG, JVB, VG, VB
Races may be combined

VB 110HH 39"
JVB 110H 36"
JVG 100H 33"
VG 100H 33"

400M JVG, JVB, VG, VB

100M JVG, JVB, VG, VB

800M JVG, JVB, VG, VB

300H 30" JVG, VG
300H 36" JVB, VB

200M JVG, JVB, VG, VB

3200M JVG, JVB, VB, VB
Races may be combined

4 x 400M relay
JVG, JVB, VG, VB

Field Events

Begin at 3:45

3 Attempts in throws and LJ and TJ for tri meet. 4 attempts for dual meet.

VG Shot Put
JVG Shot Put

VB Discus

JVB Discus

JVB High Jump 4'6"

VB High Jump 5'

Pole Vault (Continuous)

JVG 6'00" VG 7'0"

JVB 7'6", VB 9"

Long Jump (Open Pit)

The long jump will conclude
At the end of the 800m.

The following events will
Begin at the conclusion of the
Above events.

VB Shot Put

JVB Shot Put

VG Discus

JVG Discus

JVG 3'6"/VG High J 4'0"

Triple Jump (Open Pit)