<table>
<thead>
<tr>
<th>EVENTS ON THE TRACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>4x800 relay</td>
</tr>
<tr>
<td>100 m hurdles (girls 10 @ 30&quot; high)</td>
</tr>
<tr>
<td>110 m hurdles (boys 10 @ 33&quot; high&quot;)</td>
</tr>
<tr>
<td>100 m dash</td>
</tr>
<tr>
<td>1600 m run</td>
</tr>
<tr>
<td>4x100 m relay</td>
</tr>
<tr>
<td>400 m dash</td>
</tr>
<tr>
<td>800 m run</td>
</tr>
<tr>
<td>200 m dash</td>
</tr>
<tr>
<td>4x400 m relay</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EVENTS IN THE FIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listen for the call for these events, they are not always in this order</td>
</tr>
<tr>
<td>high jump</td>
</tr>
<tr>
<td>pole vault</td>
</tr>
<tr>
<td>long jump</td>
</tr>
<tr>
<td>triple jump</td>
</tr>
<tr>
<td>shot put (girls = 6lbs (2.74kg) boys = 8lbs (4kg)</td>
</tr>
<tr>
<td>discus 2lbs 3.27 oz (1kg)</td>
</tr>
</tbody>
</table>