

**BOYS AND GIRLS OUTDOOR TRACK**  
**(updated 4.3.17)**

ORDER OF EVENTS FOR DUAL or TRI-MEETS (VARSITY TEAM LIMITS):  
RUNNING EVENTS- BEGINNING @ 4PM (unless otherwise agreed)  
VARSITY FOLLOWED BY JV

- |                          |             |                                      |
|--------------------------|-------------|--------------------------------------|
| A) B/G 2 MILE RUN        | (UNLIMITED) | (alternate years B odd, G even)      |
| B) 110 M HIGH HURDLES    | (4)         | (best runners in first varsity heat) |
| C) 100 M HURDLES         | (4)         | (best runners in first varsity heat) |
| D) 100 M DASH – B/G      | (3)         | (varsity heat first)                 |
| E) MILE RUN - B/G        | (UNLIMITED) |                                      |
| F) 4 X 100 M RELAY - B/G |             |                                      |
| G) 400 M DASH - B/G      | (3)         | (varsity heat first)                 |
| H) 400 M HURDLES - B/G   | (4)         | (varsity heat first)                 |
| I) 800 M RUN - B/G       | (UNLIMITED) |                                      |
| J) 200 M DASH - B/G      | (3)         | (varsity heat first)                 |
| K) B/G 2 MILE RUN        | (UNLIMITED) | (alternate years G odd, B even)      |
| L) 4 X 400 M RELAY - B/G |             |                                      |

FIELD EVENTS – BEGINNING @ 4PM (unless otherwise agreed)

LJ/TJ – Regardless of pit availability, BOYS order is LJ/TJ and GIRLS order is TJ/LJ (6)  
HIGH JUMP - GIRLS FOLLOWED BY BOYS (6)

Starting Heights: G – 4’2”\*; up 2” \*\* to 5’; 1” thereafter  
B – 5’2”\*; up 2” \*\* to 6’; 1” thereafter

\*in meets involving both teams with odd inch MIAA qualification standards, starting heights may be adjusted to 4’1” and 5’1”, respectively.

\*\*in meets involving teams with odd/even inch discrepancies for MIAA qualification, bar may be moved by one inch increment to accommodate attempt(s) at each qualifying height.

SHOT PUT – BOYS FOLLOWED BY GIRLS (6) GIRLS 4K SHOT MARKED  
DISCUS – GIRLS FOLLOWED BY BOYS (6) NON-RUBBER DISCUS ONLY  
JAVELIN – GIRLS FOLLOWED BY BOYS (6) 1999 RULE JAVELINS W/STAMP

A MAXIMUM OF 2 RUNNING EVENTS AND 1 FIELD EVENT **OR** 1 RUNNING EVENT AND 2 FIELD EVENTS FOR ANY INDIVIDUAL ATHLETE. NO 2 RUNNING EVENTS MAY BE GREATER THAN 400M FOR ANY INDIVIDUAL ATHLETE.