How To **SCHEDULE** Unified Sports, Track & Field Events  
(Existing Track & Field Invite, Hypothetical Schedule)

**Order of Running Events**

- A general suggestion is to use this order of running events, with the girls’ events being run first.
- All preliminaries except 400 meter dash, 800 meter run, 1600 meter run, 3200 meter run and all relays.

**Track & Field Schedule**

Field Events:

1:00 pm   girls’ pole vault, boys’ high jump, boys’ long jump, girls’ triple jump, boys’ discus, girls’ shot put
2:30 pm   boys’ pole vault, girls’ high jump, girls’ long jump, boys’ triple jump, girls’ discus, boys’ shot put

Running Events:

2:00 pm 3200 meters relay (finals)
2:30 pm 100 girls high hurdles
2:45 pm 110 boys high hurdles
3:00 pm 100 meters
3:20 pm 400 meters (finals)
3:40 pm 3200 meters run (finals)
4:10 pm 200 meters

***Break***

5:00 pm 100 girls high hurdles
5:15 pm 110 boys high hurdles
5:25 pm 100 meters
5:40 pm 800 meters run
6:00 pm 300 hurdles
6:25 pm 200 meters
6:35 pm 1600 meters run
6:55 pm 400 meters relay
7:10 pm 1600 meters relay

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Insert Unified Sports, Track & Field Long Jump “Athlete” & “Partner” flights (2), here or there

Insert Unified Sports, Track & Field 100 M “Athlete” & “Partner” heats (2), here or there

Insert Unified Sports, Track & Field 400 meters relay, here