



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

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