C8C Boys JV Open 2022 Order of Events

**Field Events Starting at 4:00 pm**:

**Pole Vault** (Boys will start at 7 feet…we need this to start at 4 pm.

**Long Jump and Triple Jump** will be 3-4 jumps and open pit for 90 minutes. One run way per event.

**High Jump** Starting height to be determined by entries (we want everyone to have a chance to make height ☺ ) no check out times until down to 8 athletes, then 10 minutes max.

**Shot and Discus**: will be thrown by school with flights, with 3-4 throws per athlete, with a school responsible for running the event… so coaches should be able to rotate with their teams.

**Running Event Order 4:15 pm start: (No Relays**)

* 110 m HH
* 100 m dash
* 1600 m
* 400 m

(15 minute break)

* 300 m IM
* 800 m
* 200 m
* *3200m run (athletes timed by coaches)*