

## ORDER OF EVENTS @ EPISCOPAL 2017-18

Field House opens at 6:30 a.m.

### FIELD EVENTS

- 7:30 a.m.** Girls - **High Jump** (all teams all Jumpers) - starting height 4'3" (raise 3")  
(After Girls-HJ) Boys - **High Jump** (all teams all Jumpers) - starting height 5'3" (raise 3")
- 7:30 a.m.** Boys - **Long Jump** (3-Scorers per team)  
(After Boys-LJ) Girls - **Long Jump** (3-Scorers per team)  
(After Girls-LJ) Boys - **Triple Jump** (3-Scorers per team)  
(After Boys-TJ) Girls - **Triple Jump** (3-Scorers per team)  
(After Girls-TJ) **Open Pit - Long Jump** (1 Hour Boys & Girls together)  
(After Open -LJ) **Open Pit - Triple Jump** (1 Hour Boys & Girls together)
- 7:30 a.m.** Boys - **Shot Put** (3-Scorers per team separate by meet)  
(After Boys-SP) Girls - **Shot Put** (3-Scorers per team separate by meet)  
(After Girls-SP) **Open - Shot Put** (1 Hour Boys & Girls together)
- 7:30 a.m.** Girls - **Pole Vault** (Limit 5 vaulters per school)-Opening Height 6'9"(raise 6")  
(After Girls-PV) Boys - **Pole Vault** (Limit 5 vaulters per school)-Opening Height 8'9"(raise 6")  
(Reverse order of PV in Jan.)

### RUNNING EVENTS *(Rolling Schedule)*

- 7:20 a.m.** Girls – **3200m Relay** (2 Teams)  
Boys – **3200m Relay** (2 Teams)
- Only scoring Athletes MAY use starting BLOCKS in the 55m Dash - Non scorers will run first !!!
- Girls - **55 meter Hurdles** (3 @ Quad-meet) scorers per school \*\*\*  
Boys - **55 meter Hurdles** (3 @ Quad-meet) scorers per school \*\*\*  
Girls - **55 meter Dash** (3 @ Quad-meet) scorers per school \*\*\*  
Boys - **55 meter Dash** (3 @ Quad-meet) scorers per school \*\*\*  
Girls – **800m Relay** (5 teams per school-1<sup>st</sup> team only scores)  
Boys – **800m Relay** (5 teams per school-1<sup>st</sup> team only scores)  
\*\*Girls - **1600 meter Run** (First 3 from each team score)  
\*\*Boys - **1600 meter Run** (First 3 from each team score)  
Girls - **500 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
Boys - **500 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
\*\*Girls - **1000 meter Run** (3 scorers per school)  
\*\*Boys - **1000 meter Run** (3 scorers per school)  
Girls - **300 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
Boys - **300 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
\*\*Girls - **3200 meter Run** (First 3 from each team score) (1 section only)  
\*\*Boys - **3200 meter Run** (First 3 from each team score) (1 section only)  
Girls – **1600m Relay** (2 teams per school IF we start after 12:45pm)  
Boys – **1600m Relay** (2 teams per school IF we start after 12:55pm)

\*\*Distance Races: Only 3 athletes can run 2 open distance races.  
Everyone else can only run 1 open distance race.

\*\*\* Tri meets – 55D & 55H – 4 varsity runners per school only 3 score  
-- run JV first followed by Varsity

**Limit 14 non-scorers per school in 55 Dash**