

# ORDER OF EVENTS @ EPISCOPAL 2018 - 2019

Field House opens at 6:30 a.m.

## FIELD EVENTS

- 7:30 a.m. Girls - High Jump (all teams all Jumpers) - starting height 4'2" (raise 2")  
(After Girls-HJ) Boys - High Jump (all teams all Jumpers) - starting height 5'2" (raise 2")
- 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 6'6"(raise 6")  
(After Girls-PV) Boys - Pole Vault (Limit 5 vaulters per school)-Opening Height 8'6"(raise 6")  
(order of PV will not change)

## 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**