



## 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