



2022 JO MEET ORDER OF EVENTS

Running Events start at 9:00 AM. Rolling time schedule.

- 3000m Run
- 110m Hurdles
- 100m Hurdles
- 80m Hurdles
- 100m Dash
- 1500m Run
- 4x100m Relay
- 400m Dash
- 800m Run
- 400m Hurdles
- 200m Dash
- 4x400m Relay

Field Events start at 9:00 AM. Rolling time schedule.

- Shot Put – females. Go to Discus after males are completed.
- Discus – males. Go to Shot put after females are completed.
- Javelin – males and females after Shot Put and Discus are completed.
- High Jump – males and females.
- Pole Vault - males and females.
- Long Jump – males and females open pit. 4 jumps.
- Triple Jump – males and females open pit. 4 jumps.

NOTE: Event order subject to change.