



# **2023 JO MEET ORDER OF EVENTS**

**Running Events start at 9:00 AM. Rolling time schedule. (Girls followed by Boys)**

- 3000m Run (Boys & Girls Combined) /1500 RW
- 110m Hurdles
- 100m Hurdles
- 80m Hurdles
- 100m Dash (Wheelchairs go first)
- 1500m Run
- 4x100m Relay
- 400m Dash (Wheelchairs go first)
- 800m Run
- 400m Hurdles
- 200m Dash
- 4x400m Relay

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

- Shot Put – females (4 throws). Go to Discus after males are completed. (Seated go first)
- Discus – males (4 throws). Go to Shot put after females are completed.
- Javelin – males and females after Shot Put and Discus are completed (4 throws).
- 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.***