

Standard Order of Running Events For Most High School Track and Field Meets

1. 4x800 M Relay
2. 100 M Hurdles
3. 100 M Dash
4. 4x200 M Relay
5. 1600 M Run
6. 4x100 M Relay
7. 400 M Dash
8. 300 M Hurdles
9. 800 M Dash
10. 200 M Dash
11. 3200 M Run
12. 4x400 M Relay