

**LCAA BOYS & GIRLS  
TRACK AND FIELD  
Championship  
ORDER OF EVENTS  
2016**

Heats – Slow to Fast

(Thursday)

100m Pentathlon Hurdles – G

110 m Pentathlon Hurdles – B

2000m Steeplechase – G

3000m Steeplechase – B

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( Friday)

400 IM Hurdles - G

400 IM Hurdles - B

100 Meter Dash - G

100 Meter Dash - B

3000m Run - G

3200m Run - B

800 Meter Run – G

800 Meter Run - B

400m Relay – G

400m Relay - B

200 Meter Dash - G

200 Meter Dash - B

3200 Relay - G

3200 Relay - B

400 Meter Run - G

400 Meter Run – B

100 Meter High Hurdles - G

110 Meter High Hurdles - B

1500m Run - G

1600m – B

Pentathlon 800m - G and 1500 –B if ready

1600 Meter Relay - G

1600 Meter Relay - B

Field Events

( 4 Jumps and 4 Throws)

Pole Vault Girls ( Thursday)

First Events:

Long Jump Girls and Boys

Discus Girls

Shot Put Boys

High Jump Boys

Pole Vault Girls

Second Events:

Triple Jump Girls and Boys

Discus Boys

Shot Put Girls

High Jump Girls

Pentathlon Order of Events

Girls

(Thursday)

100 High Hurdles

High Jump

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(Friday)

Shot Put

Long Jump

800 m Run

Boys

(Thursday)

110 High Hurdles

Shot put

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(Friday)

High Jump

Long Jump

1500 m Run