

MAC B3 EAST HIGH INVITE

ORDER OF EVENTS

***=All BEAUTY & THE BEAST EVENTS.**

DURING THE CO-ED RELAYS THE SAME GENDERS WILL RUN AGAINST EACH OTHER AND THE TIMES WILL BE ADDED.

(ALL EVENTS WILL BE FEMALES FIRST).

400 HURDLES

1500/1600 M

100/110 HURDLES

400 M

200 M

100 M

***CO-ED SPRINT MEDLEY RELAY**

***CO-ED 4x 400M RELAY**

4x 400M RELAY

***CO-ED 4x 100M RELAY**

4x 100M RELAY

***DISCUS THROW**

***SHOT PUT**

***HIGH JUMP**

***TRIPLE JUMP**

***LONG JUMP**

