



# **MAC B3 EAST HIGH INVITE**

## **ORDER OF EVENTS**

**\*=CO-ED RELAYS (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 (400M-Female, 200M-Male, 200M-Female, 800M-Male)**

**\*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**