



2024 JO MEET ORDER OF EVENTS

Running Events start at 9:00 AM. Rolling time schedule.

- 3000m Run/1500 RW/3000RW-All together
- 4x800 Relay
- 110m/100m/80m Hurdles- semi if needed/ finals if 9 or less
- 100m Dash- semi if needed/ finals if 9 or less
- 2000m SC
- 1500m Run
- Finals of Hurdles or 100m if needed
- 4x100m Relay
- 400m Dash
- 200/400 Hurdles
- 800 Run
- 200m Dash
- 4x400m Relay

- Wheelchairs go first in all races

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

- Shot Put – females. Go to Discus after males are completed.
- Discus – males. Go to Shot put after females are completed.
- **Seated throws will throw after Shot put and Discus are done and will throw all implements.**
- Javelin – males and females after seated throws are completed.
- Hammer Throw after Javelin
- Pole Vault - males and females. High Jump will be contested after completion of Pole Vault
- Long Jump – males and females open pit. 4 jumps. Pit closes at 10:30am **All Long Jumpers must check in at 9:00am**
- Triple Jump – after Long Jump is done. males and females open pit. 4 jumps.

NOTE: Event order subject to change.