

2025 CAPITAL VALLEY CONFERENCE TRACK AND FIELD QUAD/TRI MEET - Order of Events

ORDER OF TRACK EVENTS

<u>Event No.</u>	<u>Event</u>
1.	100 Meter Hurdles - Frosh/Soph Girls (33")
2.	100 Meter Hurdles - Varsity Girls (33")
3.	110 Meter Int. Hurdles - Frosh/Soph Boys (36")
4.	110 Meter High Hurdles - Varsity Boys (39")
5.	1600 Meters - Frosh/Soph Girls
6.	1600 Meters - Frosh/Soph Boys
7.	400 Meter Relay - Frosh/SophGirls
8.	400 Meter Relay - Frosh/Soph Boys
9.	400 Meter Relay - Varsity Girls
10.	400 Meter Relay - Varsity Boys
11.	1600 Meters - Varsity Girls
12.	1600 Meters - Varsity Boys
13.	400 Meters - Frosh/Soph Girls
14.	400 Meters - Frosh/Soph Boys
15.	400 Meters - Varsity Girls
16.	400 Meters - Varsity Boys
17.	100 Meters - Frosh/Soph Girls
18.	100 Meters - Frosh/Soph Boys
19.	100 Meters - Varsity Girls
20.	100 Meters - Varsity Boys
21.	300 Meter Low Hurdles - Frosh/Soph Girls (30")
22.	300 Meter Low Hurdles - Varsity Girls (30")
23.	300 Meter Low Hurdles - Frosh/Soph Boys (33")
24.	300 Meter Int. Hurdles - Varsity Boys (36")
25.	800 Meters Frosh/Soph Girls
26.	800 Meters Frosh/Soph Boys
27.	800 Meters - Varsity Girls
28.	800 Meters - Varsity Boys
29.	200 Meters - Frosh/Soph Girls
30.	200 Meters - Frosh/Soph Boys
31.	200 Meters - Varsity Girls
32.	200 Meters - Varsity Boys
33.	3200 Meters - Frosh/Soph Girls Run Together
34.	3200 Meters - Varsity Girls
35.	3200 Meters - Frosh/Soph Boys Run Together
36.	3200 Meters - Varsity Boys
37.	1600 Meter Relay - Frosh/Soph Girls
38.	1600 Meter Relay - Frosh/Soph Boys
39.	1600 Meter Relay - Varsity Girls
40.	1600 Meter Relay - Varsity Boys

ORDER OF FIELD EVENTS

<u>Event</u>								
Long Jump (open pit all divisions - 4 attempts)								
Triple Jump (open pit all divisions - 4 attempts)								
Long Jump and Triple Jump competitors must be checked in by the start of the Frosh/Soph Girls 100 Hurdles. The pits will close at the start of the Frosh/Soph Girls 4 x 400 Relay								
High Jump								
<table border="1"> <tr><td>Frosh/Soph Girls</td><td>Run Together</td></tr> <tr><td>Varsity Girls</td><td></td></tr> <tr><td>Frosh/Soph Boys</td><td>Run Together</td></tr> <tr><td>Varsity Boys</td><td></td></tr> </table>	Frosh/Soph Girls	Run Together	Varsity Girls		Frosh/Soph Boys	Run Together	Varsity Boys	
Frosh/Soph Girls	Run Together							
Varsity Girls								
Frosh/Soph Boys	Run Together							
Varsity Boys								
Pole Vault								
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Frosh/Soph Boys	Run Together							
Varsity Boys								
Frosh/Soph Girls	Run Together							
Varsity Girls								
Shot Put (4 attempts)								
Varsity Boys								
Frosh/Soph Boys								
Varsity Girls								
Frosh/Soph Girls								
Discus (4 attempts)								
Varsity Girls								
Frosh/Soph Girls								
Varsity Boys								
Frosh/Soph Boys								