

# **53rd Del Oro Invitational Order of Events**

## **On the Track:**

Running events begin at 1:30pm SHARP

FSB 4x100m  
VG 4x100m  
VB 4x100m

FSB 1600m  
VG 1600m  
VB 1600m

VB 110 HH(39")  
FSB 110 IH(36")  
VG 100 LH (33")

FSB 400m  
VG 400m  
VB 400m

FSB 100m  
VG 100m  
VB 100m

FSB 800m  
VG 800m  
VB 800m

VG 300m LH (30")  
FSB 300m LH (33")  
VB 300m IH (36")

FSB 200m  
VG 200m  
VB 200m

FSB 3200m  
VG 3200m  
VB 3200m

FSB 4x400m  
VG 4x400m  
VB 4x400m

## **IN The Field:**

### **Shot Put: 4 throws- Starting at 1:00pm**

Frosh/Soph then Varsity Boys  
Varsity Girls

### **Discus: 4 throws**

Varsity Boys  
Varsity Girls then Frosh Soph Boys

### **Pole Vault: Starting height can be adjusted**

VG, VB, FSB

### **Long Jump: (Left Pit- 4 jumps)**

1pm to 2:30pm: VG  
2:30pm to 4pm: FSB  
4pm-5:30pm: VB (Using both pits when TJ is completed)

### **Triple Jump: (Right Pit: 4 jumps)**

1pm-2:15pm FSB  
2:15pm- 3:30pm- VB  
3:30-4:45: VG

### **High Jump: (starting height can be adjusted):**

Var Boys  
Var Girls  
FS Boys

## **Opening Heights & Minimum Measure Marks**

	VB	VG	FSB
High Jump	5'0	4'0	4'6
Pole Vault	9'	6'	7'
Long Jump	16'	12'	15'
Triple Jump	32'	25'	28'
Discus	80'	40'	70'
Shot Put	32'	20'	30'

