

Sierra League Order of Events

RUNNING EVENTS

4X100 Relay Girls Varsity and Novice
4X100 Relay Boys F/S
4X100 Relay Boys Varsity and Novice
1600 Girls Varsity and Novice
1600 Boys F/S and Novice
1600 Boys Varsity
100 HH Girls Novice
100 HH Girls Varsity
110 HH Boys Novice
110 HH Boys F/S
110 HH Boys Varsity
400 Girls Novice
400 Girls Varsity
400 Boys Novice
400 Boys F/S
400 Boys Varsity
100 Girls Novice
100 Girls Varsity
100 Boys Novice
100 Boys F/S
100 Boys Varsity
800 Girls Novice
800 Girls Varsity
800 Boys Novice
800 Boys F/S
800 Boys Varsity
300 LH Girls Novice
300 LH Girls Varsity
300 IH Boys Novice
300 IH Boys F/S
300 IH Boys Varsity
200 Girls Novice
200 Girls Varsity
200 Boys Novice
200 Boys F/S
200 Boys Varsity
3200 Girls Varsity and Novice
3200 Boys Varsity & F/S & Novice
4X400 Relay Girls Varsity & Novice
4X400 Relay Boys F/S
4X400 Relay Boys Varsity & Novice

FIELD EVENTS

Shot Put (4 puts)

1. Boys Varsity
2. Boys F/S
3. Boys Novice
4. Girls Varsity
5. Girls Novice

Discus (4 throws)

1. Girls Varsity
2. Girls Novice
3. Boys Varsity
4. Boys F/S
5. Boys Novice

Pole Vault (6" incr.)

1. Boys Varsity - 10 feet
 2. Girls Varsity - 8 feet
 3. Boys F/S - 8 feet
 4. Boys Novice - 8 feet
 5. Girls Novice - 6 feet
- One minute rule to vault
15 minutes for run-throughs

High Jump (2" incr)

1. Girls Varsity (4'6")
2. Boys Varsity (5'6")
3. Boys F/S (5')
4. Girls Novice (4')
5. Boys Novice (5')

Long Jump (3 jumps)

Pit open to all divisions for
75 min. Event will begin no
earlier than 3:15pm.
No warm ups or run throughs
after the event begins.

Triple Jump (3 jumps)

Pit open to all divisions for
75 min. Event will begin 15
min after long jump is closed.
No warm ups or run throughs
after the event begins.