



Dual Meet Track Event Order

4x100	VG	JVG	VB	F/SB	
1600	VG	JVG	VB	F/SB	Often 1 Girls and 1 Boys
HH	VG	JVG	VB	F/SB	100, 100, 110, 65
400	VG	JVG	VB	F/SB	
100	VG	JVG	VB	F/SB	
800	VG	JVG	VB	F/SB	
300IH	VG	JVG	VB	F/SB	
200	VG	JVG	VB	F/SB	
3200	Everyone Runs Together				
4x400	VG	JVG	VB	F/SB	

Dual Meet Field Event Order

Discus	VG	JVG	VB	F/SB	
Shot	VB	F/SB	VG	JVG	
LJ	VB	F/SB	VG	JVG	Usually runs "Open Pit"
TJ	VG	JVG	VB	F/SB	Usually runs "Open Pit"
HJ	JVG	F/SB	VG	VB	Bar just moves up
PV	VG	VB	JVG	F/SB	Often combined w/Varsity