

**CDM Track & Field
Order of Events**

(Typical order for each event runs F/S, JV then Varsity)

TRACK EVENTS:

4 x 100m Relay

1600m

100m Hurdles

400m

100m

800m

300m Hurdles

200m

3200m

4 x 400m Relay

FIELD EVENTS: (concurrent with Track Events)

Discus

Shot put

High Jump (HJ)

Long Jump (LJ)

Triple Jump(TJ)