

Central Utah Track & Field Association

Meet Order of Events

Participants will have the opportunity to participate in 4 events at each of the meets. The “order of events” will follow the format listed below. Each participant will be responsible for knowing when their event is to begin. If you are in line for a field event and your running event is called, leave your field event and go participate in your running event. Please note: the divisions will be divided by birth year, and not age.

Order of Running Events

1600m

(2002-2003, 2000-2001, 1999- & older)

4x100m relay

(2006-2007, 2004-2005, 2002- 2003, 2000-2001, 1999- & older)

50m

(2006-2007)

100m

(start with oldest ages first)

(2006-2007, 2004-2005, 2002- 2003, 2000-2001, 1999- & older)

400m

(2006-2007, 2004-2005, 2002- 2003, 2000-2001, 1999- & older)

800m

(2002- 2003, 2000-2001, 1999- & older)

200m

(2006-2007, 2004-2005, 2002- 2003, 2000-2001, 1999- & older)

4x400m relay

(2006-2007, 2004-2005, 2002- 2003, 2000-2001, 1999- & older)

Throwing Events will be going on throughout the meet.

No “run throughs” once the meet starts. All participants need to be warmed up and ready to go when the meet starts. Three attempts per participant at the long jump and three attempts per height at the high jump.

Shot Put

(2002- 2003, 2000-2001, 1999- & older)

Discus

(2002- 2003, 2000-2001, 1999- & older)

Javelin

(2006-2007, 2004-2005, 2002- 2003, 2000-2001, 1999- & older)

Standing Long Jump

(2006-2007, 2004-2005)

Running Long Jump

(2002- 2003, 2000-2001, 1999- & older)

High Jump

(2002- 2003, 2000-2001, 1999- & older)