

High School Track & Field **OHSAA Standard Order of Events**

Updated: OHSAA Standard Order of Events (Track & Field)

The OHSAA **standard** order of events in high school meets shall be as listed below: This bulletin supersedes the Order of Events in the NFHS Track and Field Rules Book. The javelin & hammer are **NOT** approved events and are not permitted in OHSAA competitions.

Running Events

Girls

- 1 - Relay - 4x800 meters
- 3 - Hurdles - 100 meters (33" high)
- 5 - Dash - 100 meters
- 7 - Relay - 4x200 meters**
- 9 - Run - 1600 meters
- 11 - Relay - 4x100 meters**
- 13 - Dash - 400 meters #
- 15 - Low Hurdles - 300 meters (30" high)
- 17 - Run - 800 meters
- 19 - Dash - 200 meters* #
- 21 - Run - 3200 meters
- 23 - Relay - 4x400 meters *

Boys

- 2 - Relay - 4x800 meters
- 4 - High Hurdles - 110 meters (39" high)
- 6 - Dash - 100 meters
- 8 - Relay - 4x200 meters**
- 10 - Run 1600 meters
- 12 - Relay - 4x100 meters**
- 14 - Dash - 400 meters #
- 16 - Hurdles - 300 meters (36" high)
- 18 - Run - 800 meters
- 20 - Dash - 200 meters* #
- 22 - Run - 3200 meters
- 24 - Relay - 4x400 meters*

Note: When running simultaneous girls and boys meets, events shall be competed in the order indicated by the numerical sequence above.

*The first heat of the girls 4x400 relay may begin not earlier than 20 minutes after the start of the first heat of the girls 200M when the 3,200 is not being contested in its normal order and when athletes are competing in both events.

**The first heat of the girls 4 x 100M Relay may begin not earlier than 15 minutes after the start of the first heat of the girls 4x200M Relay when the 1,600 is not being contested in its normal order and when athletes are competing in both events.

The first heat of the girls 200M may begin no earlier than 15 min after the start of the first heat of the girls 400M dash anytime the 800M is not competed in its normal order and when athletes are competing in both events.

The meet referee is responsible for determining if rest periods are needed per the information above, documenting the start times, and informing the clerks and starters of when they may begin.

Field Events (order is optional)

Girls

- Discus (1K) (2 lbs. 3.27 oz.)
- High Jump
- Long Jump
- Shot Put (4K) (8 lbs. 13 oz.)
- Pole Vault

Boys

- Discus (1.6K) (3 lbs. 8.5 oz)
- High Jump
- Long Jump
- Shot Put (5.4K) (12 lbs.)
- Pole Vault

Events Must Take Place Outdoors (Track)

All events must take place outdoors.

Middle School Regulations

Updated: OHSAA Standard Order of Events (Track & Field)

The following listed [OHSAA Standard](#) Order of Events shall be used for grade 7-8 girls and boys involving Ohio schools. This bulletin supersedes the Order of Events in the NFHS Track and Field Rules Book. The javelin and hammer are **NOT** approved events and are not permitted in 7th & 8th grade competitions.

Running Events

Girls

- 1 – Relay – 4 x 800 meter
- 3 - Hurdles - 100 meters (10 Hurdles) (30")
- 5 - Dash - 100 meters
- 7 - Relay - 4x200 meters[#]
- 9 - Run -1600 meters
- 11- Relay - 4x100 meters[#]
- 13 - Dash - 400 meters [§]
- 15 - Hurdles - 200 meters (30")*
- 17 - Run - 800 meters
- 19 - Dash - 200 meters ** [§]
- 21 - Relay- 4x400 meters

Boys

- 2 - Relay – 4 x 800 meter
- 4 - Hurdles - 110 meters (10 Hurdles) (33")
- 6 - Dash -100 meters
- 8 - Relay - 4x200 meters[#]
- 10 - Run - 1600 meters
- 12 - Relay - 4x100 meters[#]
- 14 - Dash - 400 meters [§]
- 16 - Hurdles - 200 meters (30")*
- 18 - Run - 800 meters
- 20 - Dash - 200 meters ** [§]
- 22 - 4x400 meters

Note: When running simultaneous girls and boys meets, events shall be competed in the order indicated by the numerical sequence above.

* Start - 200 M. mark, 5 hurdles, spacing of hurdles 50 m to the first hurdle, 35 m between hurdles, 10 m from 5th hurdle to the finish line.

**A rest period of at least 20 minutes from the beginning of the girl's 200 M to the start of the first heat of the girls 4x400M is recommended to be given if athletes competing in the 200M are also in the 4x400 relay.

[#] The first heat of the girls 4 x 100M Relay may begin not earlier than 15 minutes after the start of the first heat of the girls 4x200M Relay when the 1,600 is not being contested in its normal order and when athletes are competing in both events.

[§] The first heat of the girls 200M may begin no earlier than 15 min after the start of the first heat of the girls 400M dash anytime the 800M is not competed in its normal order and when athletes are competing in both events.

The meet referee is responsible for determining if rest periods are needed per the information above, documenting the start times, and informing the clerks and starters of when they may begin.

Field Events (order is optional)

Girls

- Discus (1K) (2 lbs., 3.27 oz.)
- High Jump
- Long Jump
- Shot Put (2.722K) (6 lbs.)
- Pole Vault

Boys

- Discus (1K) (2 lbs., 3.27 oz.)
- High Jump
- Long Jump
- Shot Put (4K) (8 lbs. 13 oz.)
- Pole Vault