

IAC Track & Field Varsity Order of Events
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3200 Meter Relay G then B	Shot Put G/B
100/110 Meter Hurdles G then B	Discus B/G
100 Meters G then B	Long Jump B/G
1500/1600 Meters G then B	Triple Jump G/B
400 Meter Relay G then B	High Jump G/B
400 Meters G then B	Pole Vault B/G
400 Meter Hurdles G then B	
800 Meters G then B	
200 Meters G then B	
3000/3200 Meters G then B	
1600 Meter Relay G then B	

Modified Order of Events

55 Meter Hurdles G then B	Shot Put G (6 lbs) then B (4K)
100 Meters G then B	Discus B then G (4K)
1500/1600 Meters G then B	Long Jump B then G
400 Meter Relay G then B	Triple Jump G then B
400 Meters G then B	High Jump G then B
200 Meter Hurdles G then B	Pole Vault B then G
800 Meters G then B	
200 Meters G then B	
800 Meter Relay G then B	
1600 Meter Relay G then B	

- An athlete may enter a maximum of 4 events per day; providing one of the 4 events is a relay. The distance restriction was eliminated by the NYSPHSAA in February 2023.
- A 4K shot put must be used for boys and a 6lb girls must be used for girls. The shot may be rubber or metal
- Modified Track and Field Athletes need 6 Practices Prior to a Scrimmage and 6 Practices Prior to a Contest.
- The 1600 Meter Relay and the 2300 Meter Rule were approved by the NYSPHSAA during the 2003 Spring Season. The 2300 Meter Rule was removed by the NYSPHSAA in February 2023.
- Modified Athletes are permitted to participate in the Pole Vault.
- Modified Athletes are permitted to wear spikes. Approved by the NYSPHSAA during the 2018 Spring Season.