

# 2019 ACEL Track and Field

## Order of Events

### Field Events

High Jump

Long Jump

Triple Jump

Shot Put

Discus

Javelin

### Running Events

3200 M

4 x 100 Relay

1600M

100M Hurdles

110M Hurdles

100M Dash

4 x 200 Relay

400M Dash

300M Hurdles

200M Dash

800M Run

4 x 400 Relay