

TRACK AND FIELD

Over 100 athletes

SPRINTS

- 100m
- 200m
- 400m
- 4 x 100m
- 4 x 400m



DISTANCE

Stamina based

- 800m
- 1600m
- 3200m



JUMPS

less time on track, more in sand pit

- long jump
- high jump
- triple jump



HURDLES

Jumping & Running

- 100m
- 110m
- 300m



Track The Field Events

IM Harris



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