

SFL Order of Events 2026

Running Events

JV Girls 400 Relay
JV Boys 400 Relay
Varsity Girls 400 Relay
Varsity Boys 400 Relay
JV Girls 1600
JV Boys 1600
Varsity Girls 1600
Varsity Boys 1600
Varsity Boys 110 HH (39")
JV Boys 110 IH (36")
JV Girls 100 IH (33")
Varsity Girls 100 IH (33")
JV Girls 400
JV Boys 400
Varsity Girls 400
Varsity Boys 400
JV Girls 100
JV Boys 100
Varsity Girls 100
Varsity Boys 100
JV Girls 800
JV Boys 800
Varsity Girls 800
Varsity Boys 800
JV Girls 300 LH (30")
Varsity Girls LH (30")
JV Boys IH (33")
Varsity Boys 300 IH (36")
JV Girls 200
JV Boys 200
Varsity Girls 200
Varsity Boys 200
JV Girls 3200
JV Boys 3200
Varsity Girls 3200
Varsity Boys 3200

JV Girls 1600 Relay
JV Boys 1600 Relay
Varsity Girls 1600 Relay
Varsity Boys 1600 Relay

Field Events

Long & Triple Jump Open Pit 4 Jumps by time

Pit 1)

Varsity Boys Long Jump
JV Girls Long Jump
Varsity Boys Triple Jump
JV Girls Triple Jump

Pit 2

Varsity Girls Long Jump
JV Boys Long Jump
Varsity Girls Triple Jump
JV Boys Triple Jump

High Jump Starting Height(can be adjusted)

JV Girls	3'8"	Varsity Girls	4'0"
JV Boys	4'6"	Varsity Boys	5'0"

Pole Vault Starting Height (can be adjusted)

JV Girls	6'0"	Varsity Girls	7'0"
JV Boys	8'0"	Varsity Boys	9'0"

Shot Put 4 Throws

Varsity Boys then JV Boys
Varsity Girls then JV Girls

Discus 4 Throws

Varsity Girls then JV Girls
Varsity Boys then JV boys