

| Running event order | Field event order in even years (2016) |
|----------------------------|---|
| 4 x 800 Meter Relay | Girls followed by boys |
| Boys 110 M. H. H. | Discus |
| Girls 100 M. H. H. | Pole vault |
| 100 M Dash | Long jump |
| 4 x 200 M Relay | |
| 1600 M Run | Boys followed by girls |
| 4 x 100 M Relay | Shot put |
| 400 M Dash | High jump |
| Boys 300 M I. H. | |
| Girls 300 M I. M. | |
| 800 M Run | |
| 200 M Dash | |
| 3200 M Run | |
| 4 x 400 M Relay | |