

2022 Last Chance Quad Meet

Tuesday April 12th

3:30pm

Order of Events

RUNNING EVENTS - Girls run first and then Boys

First event starts at 3:30pm and is on a rolling schedule

4x800m

Girls 100 Hurdles / Boys 110 Hurdles

100m

1600 Meters

4x100m Relay

400m

300m Hurdles

800m

200m

3200m

4x400m

FIELD EVENTS- Girls followed by Boys

3:30pm- Girls HJ & Boys LJ (switch after completion Boys HJ & Girls LJ)

Girls and Boys TJ will run simultaneously after HJ is completed.

3:30pm- Boys Shot Put and Girls Discus (switch after completion)

4pm- Pole Vault

Javelin (After shot put and discus finish)

Email Coach Heron for Invitation- coachjohnheron@gmail.com

