

Falcon Last Chance – April 10, 2023

Coaches Meeting at 1:30pm

Field Events (Final- 3 attempts)

Long Jump (Boys & Girls) **2:00pm**

Javelin (Boys Followed by Girls) **2:15pm**

High Jump (Girls Followed by Boys) **2:00pm**

Shotput (Girls followed by Boys) **2:30pm**

Pole Vault (Girls followed by Boys) **2:15pm**

Discus (Boys Followed by Girls) **2:00pm**

Triple Jump (After Long Jump)

4x800m- **2:15pm**

**Senior Night* 3:00pm*

Running Events 4:00pm

100m/110m Hurdles

100m

1600m

4x100m

400m

400m Hurdles

800m

200m

3200m

4x400m

Entry Fee: \$125 for one team (Boy or Girls). \$200 for both teams (Boys & Girls). 4 entries per event. 2 relays

Contact Coach Ronnell Ray for invite:

Ronnell.ray@stjohns.k12.fl.us