

10th Annual JJ Updike Last Chance Invitational

Time Schedule of Events

- 4:15 Coaches Meeting at Start/Finish Line
- 4:30 HHS Track Senior Night
- 4:55 National Anthem
- 5:00 Boys LJ, Girls LJ, Girls Discus, Boys Shot, Girls HJ, Girls/Boys PV
Followed by Boys TJ, Girls TJ, Boys Discus, Girls Shot, Boys HJ
- 5:15 Girls and Boys 4x800 Meter Relay (*1 heat*)
- 5:30 Girls 100 Meter Hurdles (*2 heats*)
- 5:35 Boys 110 Meter Hurdles (*2 heats*)
- 5:40 Girls 100 Meter Dash (*4 heats*)
- 5:50 Boys 100 Meter Dash (*4 heats*)
- 6:00 Girls 1600 Meter Run (*2 heats*)
- 6:15 Boys 1600 Meter Run (*2 heats*)
- 6:35 Girls 4x100 Meter Relay (*1 heat*)
- 6:40 Boys 4x100 Meter Relay (*1 heat*)
- 6:45 Girls 400 Meter Dash (*2 heats*)
- 6:55 Boys 400 Meter Dash (*5 heats*)
- 7:10 Girls 300 Meter Hurdles (*3 heats*)
- 7:20 Boys 300 Meter Hurdles (*3 heats*)
- 7:30 Girls 800 Meter Run (*2 heats*)
- 7:40 Boys 800 Meter Run (*2 heats*)
- 7:55 Girls 200 Meter Dash (*4 heats*)
- 8:05 Boys 200 Meter Dash (*4 heats*)
- 8:20 Girls & Boys 3200 Meter Run (*1 heat*)
- 8:35 Girls 4x400 Meter Relay (*1 heat*)
- 8:40 Boys 4x400 Meter Relay (*1 heat*)
- 8:50 Meet Concludes

We will stick to this schedule. We will NOT run ahead.