

# Last Chance Invitational

May 22, 2017 5pm

## Pulaski High School Track

This meet is for student athletes to have one more opportunity to make a sectional time or distance or if you have an individual that needs one more shot to reach their personal best. We have a brand new 6-lane all weather track. ¼ inch pins are allowed. There is no fee for this meet.

All track events will be hand timed. No team scoring. On the track, boys running events then girls.

Register by emailing Coach Nate Balcom at [nbalcom@pacs.cnyric.org](mailto:nbalcom@pacs.cnyric.org)

Entries will be submitted on index cards by 4:30pm before the meet

Brief Coaches meeting at 4:50pm

### **Order of Events**

4 x800m Relay  
110/100m High Hurdles  
100m Dash  
1600m/1500m  
4x100m Relay  
400m  
400m Hurdles  
800m  
200m  
3200m/3000m  
4x400m Relay

### **Field Events**

Shot Put 4 attempts (Girls then Boys)  
Discus 4 attempts (Boys then Girls)  
Long Jump 4 attempts (Open Pit 5-6:15)  
Triple Jump 4 attempts (Open 6:30-7:45)  
High Jump (Girls then Boys)  
Pole Vault (Girls then Boys)

