

May 10, 2021

Antrim Way Honda
Rt. 16 Last Chance
Invite @GAHS

Greencastle-Antrim High School will be hosting
the 10th Annual Antrim Way Honda Rt. 16
Last Chance Invite Monday, May 10, 2021

Order of Events (Rolling start):

4:00 Start
4x800m Relay
100m Hurdles
110m Hurdles
100m Dash
1600m Run
4x100 m Dash
400m Run
300m Hurdles
800m Run
200m Dash
3200m Run
4x400m Relay

****Events will run ahead of
schedule if possible****

Field Events: 3:45

Session 1- 3:45

Shot Put- Boys
Javelin- Girls
Pole Vault- Girls/ followed by
boys
Long Jump- Boys
High Jump- Girls
Triple Jump- Girls

Session 2- (upon completion of session 1)

Discus-Boys
Shot Put- Girls
Long Jump- Girls
Triple Jump- Boys
High Jump Boys

Session 3- upon completion of session 2)

Discus- Girls
Javelin- Boys

Opening Heights:

Girls HJ- 4-04/ Boys HJ 5-04

Girls PV- 7-0/ Boys PV- 8-0

Long/ Triple Jump- 4 attempts- no finals

Throws- 4 attempts- no finals (top seeded flights first)

Entry Standards Throws Events (must be achieved in a meet)

Girls- Shot Put- 27-00, Discus 70-00, Javelin 75-00

Boys- Shot Put- 36-00, Discus 105-00, Javelin 110-00