

**GHS QUAD MEET
Schedule of Events
3/30/2026**

**Field Events 12:30 PM
(Rolling Schedule)**

12:30 JAVELIN THROW (JVG, VG, JVB, VB)

Shot Put

**1st VB/VG
2nd JHG/JHB
3rd JVB/JVG**

Long Jump

**1st VB/VG
2nd JHG/JHB
3rd JVB/JVG**

High Jump

**1st VB/VG
2nd JVG/JVB
3rd JHB/JHG**

3:00 Field Events

Discus

**1st VB/VG
2nd JHG/JHB
3rd JVB/JVG**

Triple Jump

**1st VB/VG
2nd JHG/JHB
3rd JVB/JVG**

Running Events

1:00PM

**(Rolling Schedule)
(JHG/JHB/JVG/JVB/VG/VB)**

4x800 Meter Relay

4x100 Meter Relay

100 METER LOW HURDLES (JVG, VG)

110 METER HIGH HURDLES 39" (JVB, VB)

100 METER DASH (JVG, JVB, VG, VB)

1600 Meter Run (1 Mile)

400 METER DASH (JVG, JVB, VG, VB)

4 X 100 METER RELAY (JVG, JVB, VG, VB) ^ FINALS ^

800 METER RUN (JVG, JVB, VG, VB) ^ FINALS ^

200 METER DASH (JVG, JVB, VG, VB) ^ FINALS ^

300 Meter Low Hurdles

3200 METER RUN (JVG, JVB, VG, VB)

4X400 Meter Relay

Note: Coaches Meeting Will Begin At 12:00 PM