

Rt. 16 Last Chance Invite



Greencastle-Antrim High School will be hosting the
16th Annual RT.16 Last Chance Invite
Monday, May 4, 2026

Order of Events (Rolling start):

4:00 Start

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

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

Field Events:

3:45 Start

(4 attempts only in all field events)

Session 1 - 3:45 Start

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 Field Events (must be achieved in a meet)

Girls- Shot Put 27-00, Discus 70-00, Javelin 75-00, HJ 4-06, PV- 7-0
Boys- Shot Put 36-00, Discus 105-00, Javelin 110-00, HJ 5-4, PV 9-0

All Awards must be collected as the meet progresses at the press box.

Cost

\$150 Per Team / \$300 Boys & Girls Combined
\$30 Per Individual

Make Checks payable to

Greencastle Antrim School District

All Payments need to be received by

Thursday, April 30th 2026.

Mail to

GAHS

Attn: Travis Blubaugh - Athletic Director
300 South Ridge Ave
Greencastle, PA 17225

12 Team Limit

Maximum of 3 entries per event
(performance standards in field events)

1 Relay per team

F.A.T. will be used for all track events

Awards: 1st - 3rd place Medals for individual events

1st place relay

Entries submitted through pa.milesplit.com

Entries Due Sunday May 3rd at 6:00 PM

If you wish to enter your team, email Head Coach Rich

Secret - richsecret@hotmail.com