



CORNER CANYON QUAD MEET

SCHEDULE:

The following is a time estimate and is not meant to be the exact start of each event.

<u>*Estimated Start Times</u>	<u>Order of Events:</u>		
3:00pm	100m/110m Hurdles	3:00pm	Shotput Girls
*3:20pm	100m	3:00pm	Discus Boys
*3:55pm	1600m	3:00pm	Javelin Girls
*4:35pm	4x200m relay	3:00pm	High Jump Girls
*4:45pm	400m	3:00pm	Long Jump Boys
*5:00pm	300m Hurdles		
*5:20pm	4x100m relay	appx 4:45pm	Shotput Boys
*5:25pm	800m	appx 4:45pm	Discus Girls
*5:45pm	200m	appx 4:45pm	Javelin Boys
*6:05pm	3200m	appx 4:45pm	High Jump Boys
*6:35pm	4x400m Relay	appx 4:45pm	Long Jump Girls
*6:45pm	4x800m Relay		

- Coaches should register their athletes by Tues, Mar 9th at 11:59pm.
- Athletes will be organized into heats/flights for their events.
- For Track events only, athletes will need to check what Lane # or Seed # they are and grab a corresponding sticker and place it near their right hip so it will be visible to the timing camera.

Example: An athlete is assigned to Lane 7, they will need to grab a #7 sticker and place it on their right side under the hip.

