

Highland Park Track & Field

Last Chance Scots Pride Meet

Parents and siblings are welcome to do the 1600 Open! Depending on number of participants, there may be opportunities to do other events as well.

Alums may also participate in the meet in any events they wish.

Schedule

3:00	Warm up and Check In for events
3:10	Coaches Shot Put Relay (2 trials) ... Get a team and try to us.
3:20	Wheelbarrow 50 on the grass (get a partner)
3:30-4:15	Shot Put-Cafeteria
3:30-4:15	Long Jump-Cafeteria
3:30	1600 Open (combined)
3:40	200 Open
4:00	800 Open (Combined)
4:10	4 x 100 Relays
4:20	800 Steeplechase (barriers and water challenge-bring change of clothes). No spikes allowed. Hint - no hard barriers.
5:00	Banquet begins at HPsd Pavilion (near Circus Juventas)

4 x 100 Relay Instructions

Need 8 people per relay

Two people must have hand on baton at all times

Batons will be provided (hint: might not be the usual baton)

Relays must have at least two distance, two field and two sprinters

If you don't have a relay, just sign up! Clerk will put you on a relay.