

SEE WEBSITE FOR DIRECTIONS TO MEET www.bulldogtrack.net

NORTHGLENN QUAD ENTRIES 3-30					
HS Girls 100 Meter Dash	Sydney		HS Boys 100 Meter Dash	Gabriel	Joan
				Elias	Cody
				Cody	Tyler
HS Girls 200 Meter Dash	Sydney		HS Boys 200 Meter Dash	Joan	Tyler
				Gabriel	
				Elias	
HS Girls 400 Meter Dash			HS Boys 400 Meter Dash	Cody	
				Tyler	
HS Girls 800 Meter Run			HS Boys 800 Meter Run	Woody	
				Jaime	
HS Girls 1600 Meter Run			HS Boys 1600 Meter Run	Woody	
				Nick	
				Jaime	
HS Girls 3200 Meter Run			HS Boys 3200 Meter Run		
HS Girls 100 Meter Hurdles			HS Boys 110 Meter Hurdles	Elias	
				Trevor	
HS Girls 300 Meter Hurdles	Ashlyn		HS Boys 300 Meter Hurdles	Trevor	
HS Girls 4x100 Meter Relay			HS Boys 4x100 Meter Relay		
HS Girls 4x200 Meter Relay			HS Boys 4x200 Meter Relay		
HS Girls 800 Meter Sprint Med			HS Boys 4x400 Meter Relay		

HS Girls 4x400 Meter Relay			HS Boys 4x800 Meter Relay		
HS Girls 4x800 Meter Relay					
HS Girls Long Jump	Anyone who wants to try Long Jump		HS Boys Long Jump	Anyone who wants to try LONG Jump	
HS Girls Triple Jump	Anyone who wants to try Triple Jump		HS Boys Triple Jump	Anyone who wants to try triple Jump	
HS Girls High Jump	Anyone who wants to try High Jump		HS Boys High Jump	Anyone who wants to try HIGH Jump	
				Woody	
				Gabe?	
HS Girls Pole Vault			HS Boys Pole Vault		
HS Girls Discus Throw			HS Boys Discus Throw		
HS Girls Shot Put	Sydney & Neo		HS Boys Shot Put	Avery	Jake H
				Sebastian	Ryan Estes
				Ranier	Juan

2022 EMAC QUAD Meet

Wednesday March 30th

Hosted by Northglenn @ NHS

No ELECTRONIC timing system / Coaches will time thier own athletes

Teams

Adams City, Brighton, Prairie View, Westminster, Thornton

Meet schedule

3:00 Coaches meeting @ mid field

Field events

3:30

(Open pit girls and boys) No disc / pole vault available

Shot Put

High Jump Have athletes report to HJ first

Long Jump

Triple Jump

Running Events

3:30

Event and event order may change following the coaches meeting.

One coaches from each team will help out with all relays exchange Zones

3200m Relays

100/110m Hurdles

100m

4x200

1600

4x100

400m

800m

200m