



**JDL Last Chance Invitational**  
**February 17, 2024**  
**FINAL SCHEDULE**



**Admission Fee**

- Admission fee is \$8 per person for adults. Students ages 13 and up are \$5. Children 12 and under are free.
- Wristbands must be worn at all times by all spectators, athletes, coaches and officials. Wristbands are required for re-entry.
- All coaches, please come in and pick up your packet and then return to your buses or vans to hand out wristbands.

**RunnerSpace Videos**

- All races will be LIVE STREAMED and captured for on-demand viewing as part of RunnerSpace’s +Plus subscription package. You can subscribe by going to [www.runnerspace.com](http://www.runnerspace.com) or [www.jdlfasttrack.com](http://www.jdlfasttrack.com). The RunnerSpace video will serve as the official race video in the event of a protest.
- RunnerSpace reserves exclusive rights to all video footage for this meet. Any personal video taken in JDL Fast Track must be solely for personal or private use and cannot be distributed via the Internet or any other medium.

**Additional Meet Info**

- Track athletes must check-in at clerking no less than 15 minutes prior to the start of their event to receive their hip numbers.
- Field event athletes shall check-in at the event site no later than 30 minutes prior to the competition.
- In all RUNNING events, faster sections will run first, followed by slower sections of timed finals.
- Meet management reserves the right to run as much as 15 minutes ahead of schedule.
- **DNF cut-off – For distance races with a DNF cut-off time, when that time is reached, the starter will shoot their gun twice and any athletes still on the track will be escorted from the track and not allowed to finish and will be marked as a DNF in the official results.**

**SATURDAY, FEBRUARY 17**

**8:00 AM** – Track Opens

**8:30 AM** – Officials’ Meeting

**9:00 AM** – Coaches’ Meeting

**2:00 PM** – Packet Pickup Closes

TRACK EVENTS				FIELD EVENTS			
Time	Event	Gender	Event Notes	Time	Event	Gender	Starting Ht
10:00 AM	60m Qualifying	Men	Top 2 overall times advance	<b>THROWS CAGE</b>			
10:10 AM	5000m Run	Men	DNF Cut-off = 17:00	10:00 AM	Shot Put	Men	
10:30 AM	60m Hurdle Prelims	Women	Heat winners + next fastest	1:00 PM	Weight Throw	Men	
10:40 AM	60m Hurdle Prelims	Men	Heat winners + next fastest	3:30 PM	Weight Throw	Women	
10:50 AM	60m Dash Prelims	Women	Heat winners + next fastest	<b>HIGH JUMP APRON</b>			
11:00 AM	60m Dash Prelims	Men	Heat winners + next fastest	10:00 AM	Shot Put	Women	
11:10 AM	3000m Run	Women	DNF Cut-off = 12:30	1:00 PM	High Jump	Women	1.40m
11:40 AM	3000m Run	Men	DNF Cut-off = 10:00	2:30 PM	High Jump	Men	1.75m
12:05 PM	Hurdle Finals			<b>POLE VAULT "A"</b>			
12:15 PM	Dash Finals			10:00 AM	Pole Vault	Men	3.60m
12:25 PM	Distance Medley Relay	Women	DNF Cut-off = 13:00	12:30 PM	Pole Vault	Women	2.85m
12:40 PM	Distance Medley Relay	Men	DNF Cut-off = 11:30	<b>LONG JUMP "A"</b>			
12:55 PM	400m Dash	Women	NO BLOCKS	10:00 AM	Long Jump	Men	
1:00 PM	400m Dash	Men	NO BLOCKS	1:00 PM	Triple Jump	Men	
1:15 PM	Seeded 400m Dash	Women		<b>LONG JUMP "B"</b>			
1:20 PM	Seeded 400m Dash	Men		10:00 AM	Long Jump	Women	
1:25 PM	800m Run	Women		1:30 PM	Triple Jump	Women	
1:45 PM	800m Run	Men					
2:00 PM	200m Dash	Women	NO BLOCKS				
2:10 PM	200m Dash	Men	NO BLOCKS				
2:20 PM	Seeded 200m	Women					
2:25 PM	Seeded 200m	Men					
2:30 PM	Mile Run	Women	DNF Cut-off = 6:15				
2:45 PM	Mile Run	Men	DNF Cut-off = 5:15				
3:10 PM	4x400m Relay	Women					
3:20 PM	4x400m Relay	Men					
3:45 PM	Invite 5000m	Women					

**Live Results can be found at**  
**[live.jdlfasttrack.com /meets/26289](http://live.jdlfasttrack.com/meets/26289)**