

2nd Annual Panther Invite Cypress Lake High School Saturday, April 2, 2022

Meet Contact:

Head Track Coach: Joe Mendes (JosephAMe@leeschools.net)

Cost: \$150 per Gender/ \$250 for both teams (Please send payment prior to meet)

PARTICIPANTS:

Each team is limited to 3 athletes per event. Entries must be entered into Directathletics.com by Tuesday, March 29th @ 11:00 PM. **You will not be able to add athletes at the meet!!**

PLEASE note that when entering your athletes' times be as accurate as possible because we will seed by times.

FIELD EVENTS:

Three attempts will be given for the LJ, TJ, SP, Javelin and Discus. We will mark the first attempt then have a minimum for the remaining attempts. All field events will be run as finals.

Pole Vault will be hosted on April 1st at ESTERO HIGH SCHOOL.

AWARDS:

Medals will be given to the top 3 athletes in each event.

A Team Champion and Runner-up Trophy will be awarded to the boys' and girls' team. Please remain after the meet to receive the awards.

Meet Itinerary:

April 1st @ Estero High School

3:00 PM Pole Vault

April 2nd @ Cypress Lake High School

7:30 AM Track OPEN

8:00 AM Coaches / Scratch Meeting/Packet Pick-up

8:30 AM Field Events

- Javelin - Girls/Boys
- Shot Put - Boys/Girls

9:00 AM Field Events

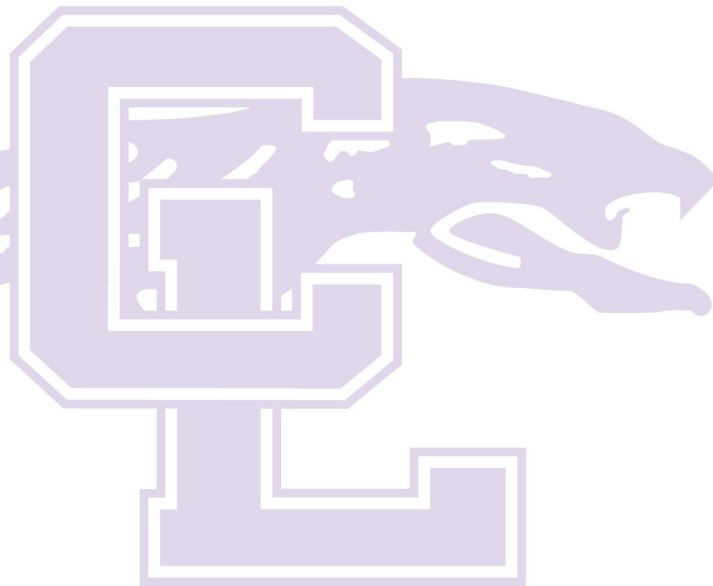
- High Jump Finals- Girls/Boys
- Long Jump Finals- Ran Simultaneously
- Discus Finals- Girls/Boys
- Triple Jump Finals- Ran Simultaneously

ROLLING SCHEDULE – Girls first, Boys to follow

9:55 AM National Anthem

10:00 AM Running Events

- 1600m JV Open Girls
- 1600m JV Open Boys
- 4 x 800 Meter Relay Girls
- 4 x 800 Meter Relay Boy
- 100m Hurdles Girls
- 110m Hurdles Boys
- 100 m Girls
- 100 m Boys
- 1600m Girls
- 1600m Boys
- 4 x 100 Meter Relay - Girls
- 4 x 100 Meter Relay - Boys
- 400 Meter Dash - Girls
- 400 Meter Dash- Boys
- 300 Meter Low Hurdles - Girls
- 300 Meter Intermediate Hurdles - Boys
- 800 Meter Run - Girls
- 800 Meter Run - Boys
- 200m Girls
- 200m Boys
- 3200m HS Girls
- 3200m HS Boys
- 4 x 400 Relay – Girls
- 4 x 400 Relay - Boys



Important Information

- All Events are Finals only
- Field Events (with the exception of the vertical jumps) will be 3 attempts
- No Athletes in the infield unless you are running an event. (Coaches will be allowed)
 - Coaches are requested to keep their athletes off the football field (Disqualification)
- The schedule is a running schedule times are approximate
- All heats will be run slowest to fastest seeded heat
- No more than 3 entries per running event and 3 per field event
- Warm ups will be limited to the designated warm up area
- No changes will be allowed after the Zoom Coaches meeting
- DO NOT ASSUME YOU ARE ENTERED IF YOU HAVE NOT SENT PAYMENT
 - ****THERE WILL ONLY BE SCRATCHES ALLOWED AFTER THE ENTRY DEADLINE, NO CHANGES WILL BE ALLOWED BY ANY TEAM (INCLUDING THE HOST TEAM)***

Admission:

\$5.00 per person (adult and school age students)

Payment:

Checks should be made out to Cypress Lake High School and mailed to:
6750 Panther Ln
Ft. Myers, Fl. 33919

Meet timed by Halfmile Timing

Thank you for joining us in our 2nd Annual Panther Invite!