

SEMINOLE OPEN
at
THE NATIONAL TRAINING CENTER
February 16, 2019

ENTRY FEE: \$250.00 per school or \$180.00 per gender or \$75.00 per individual.
MAKE CHECKS PAYABLE TO: SOUTH LAKE HOSPITAL/NTC
1935 DON WICKHAM DRIVE, CLERMONT, FLORIDA 34711
SPECTATORS: \$6.00. ONLY FHSAA passes accepted.

FHSAA AND NFHS Rules apply. No unattached athletes! **ALL ENTRIES ARE THROUGH DIRECT ATHLETICS! NO "DAY OF" ENTRIES.**

4 entries in each event per school. 1 relay team.

***In the horizontal Jumps and Throws. Each athlete will get 3 attempts. No finals!

***Girls Pole Vault opening height is 7'. That is as low as our standards go.

9:00am-----Girls Pole Vault. Boys to follow.
Girls High Jump. Boys to follow.
Boys and Girls Long Jump followed by the Triple Jump.
Boys Shot Put followed by the Girls.
Girls Discus followed by the Boys.

9:00am-----Unseeded 3200.
Unseeded 800
Unseeded 1600

11:30am-----4x800 Relay

12:00pm-----Running Events (heats against time) Regular order of events in Florida

****Top 16 entries only in the 800, and 1600 and top 24 in 3200 in the afternoon.

Everyone else runs in the morning.

****Medals for top 3 in each event. No Team awards.

PARKING AND SEATING

We have limited seating. Encourage your parents to bring lawn chairs and blankets. Please look at the diagram for Parking and Facility entrance. Sit on the hill and watch the meet.

Your bus may drive you to the gate where the asphalt road leads down to the track with the BUS DOORS FACING THE TRACK. You may unload your Team and equipment and walk down to the track. Your bus may then proceed straight ahead to the area marked bus parking. Only handicap and officials parking is down at the track. Spectator parking will be at the parking lot by the soccer fields. This is also the spectator entrance

Questions? Call Ken Brauman: 407-421-7516 or kenbrauman@aol.com