

# Lake Highland Preparatory School

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Thank you all so much for participating in the 2025 Citrus League Championship. We look forward to seeing you all soon. Just a few reminders. The entry fee is \$350 per team. You can bring your check with you or mail it to the following:

Upper School Athletics  
Att: Track  
901 Highland Avenue  
Orlando, Florida 32803

You can drop off tents and coolers by the track, but the buses will be asked to move and park in the parking lot off of Alden. There will be security helping direct traffic, so hopefully, it will be smooth sailing from there.

Discus and Javelin will take place at the LHAC, where the buses will be parked, but Shot put is inside the main stadium. There will be shuttles to bring people back and forth, but they should NOT have to wait for kids in the throwing events to come over from the field to complete. Only athletes that are in running events should be checking out to come back to the track. If you think you are going to have any other conflicts, please send me an email at [mcampbell@lhprep.org](mailto:mcampbell@lhprep.org) prior to the meet so I can work through some other options. We will have all tickets digitally on GoFan. Once it gets closer, I will send out the link.

**4:00 Field Events-** Implement Weigh-in

**4:15 Coaches Meeting**

**4:30 Field Events**

Boys and Girls Long Jump at the same time (Triple Jump to follow)  
Girls High Jump (Boys to follow)  
Boys Discus (Girls to follow)  
Girls Shot Put (Boys to follow)  
Boys Javelin (Girls to follow)  
Girls Pole Vault (Boys to follow)

**4:45 pm**

Open 1600m

**5:00 pm**

4x800 relay

**5:30 pm** (Heats against time). If the field events are completed early, we will start the running events early. Running events take priority, but we will not wait all night for athletes to return.

100m/110m High Hurdles

100m Dash

1600m Run

4x100 m Relay

400 m Dash

400m Intermediate Hurdles

800m Run

200m Dash

3200m Run

4x400