

## 2025 Freedom Last Chance

April 5th @ Freedom High School

Registration on Directathletics.com

Timing Company: Elite Timing

Contact: Katie Angel [katie.angel@ocps.net](mailto:katie.angel@ocps.net)

Coaches Meeting: Will take place at 8:00am by the timing table. (Finish Line)

### Additional Information

**Fees:** Entry fee is \$200 per school. Please make checks payable to Freedom High School, Attn: Track and Field

**Entries:** Each school is allowed 4 entries per running or field event and one relay each in each event. Online entry on Direct

Athletics: TBA at Midnight.

**Tents:** Can be set up on the east side of the stadium behind or on the visitor bleachers, and participants will enter through the North Gate by the 100m starting line.

**Tickets:** Will be posted online at later date.

**Concessions:** We will be running a concessions stand with items for sale to support our Freedom Track and Field team.

### Field Events

Finals only with a fourth attempt for Long Jump, Triple Jump, Shot Put and Javelin

8:30 AM

Long Jump (both boys and girls)

Boys Shot Put, followed by girls

Girls High Jump, followed by boys

Girls Javelin, followed by boys

\*Triple Jump will start 10 minutes after the Senior Ceremony

\*\*\*We do not have the equipment to safely run the Discus or Pole Vault, so unfortunately we will not have these events.\*\*

### Running Events

All races are finals. Races with multiple heats will be seeded with top seeds in last heat.

We will work on a rolling schedule for all running events.

All races will be Girls first, followed by Boys

8:30am	3200 Meter Run
10:00am	Senior Ceremony 4x800 Relay
~11:00	100/110 Hurdles 100 Meter Dash 1600 Meter Run
~12:00	4 x 100 Meter Relay 400 Meter Dash 300 Hurdles
~1:00	800 Meter Run 200 Meter Dash 4 x 400 Meter Relay

