

LAKE MARY INVITATIONAL

MARCH 14, 2026

- Entry fee \$200 per school, \$125 per gender. Limited to 16 teams.
- Admission \$8.00 for adults, tickets can be purchased at gofan.co
- Concession stand will be open all day
- Medals to top 3 in each event. Team Champion and Runner-up trophies.
- Contact Coach Ryan Lowe at 407-227-3085 or lowera@myscps.us for questions.

7:45am Coaches Meeting
8:00am Consolation 1600 (unscored, unlimited runners; just show up at the line)
8:20am Senior Celebration

3 Entries per event with the exception of the 100 which will have up to 6 entries per school, 1 entry per relay

RUNNING EVENTS (WE WILL BE ON A ROLLING SCHEDULE ONCE THE 4 x 800 STARTS)

9:00am 4 x 800
100/110 Hurdles
100 (6 entries per school)
3200 (1 heat, lapped runners will move to lane 3)
4 x 100
400
400 Hurdles
800 (2 heats, slower heat will run first)
200
1600 (2 heats, slower heat will run first)
4 x 400

FIELD EVENTS (WE WILL BE ON A ROLLING SCHEDULE)

9:00am LONG JUMP (BOYS AND GIRLS)
GIRLS SHOT PUT
GIRLS POLE VAULT
BOYS DISCUS
GIRLS HIGH JUMP
BOYS JAVELIN
11:00am TRIPLE JUMP (BOYS AND GIRLS)
BOYS SHOT PUT
GIRLS DISCUS
BOYS POLE VAULT (or at the completion of the girls pole vault)
BOYS HIGH JUMP (or at the completion of the girls high jump)
GIRLS JAVELIN