

**SANFORD SEMINOLE MONDAY MEETS  
HOME OF CLASS 4A, REGION-2026**

\$175 ENTRY FEE FOR ALL MONDAY MEETS TO PAY FOR TIMING.

Payable to: Seminole High School, 2701 Ridgewood Ave., Sanford, 32773

ALL MEETS SANCTIONED

Priority to Seminole and West Volusia County Schools

GOFAN FOR SPECTATOR ADMISSION INFORMATION AND COST

ENTRY DEADLINE: March 7<sup>th</sup> SAT at 11:59pm

ENTRY LIMITATION: 100/1600: 10 PER EVENT. ALL OTHER EVENTS: 8

FIELD EVENT ATTEMPTS: 3 Throws/ 3 Jumps.

¼”pyramid spikes only

No one on the infield!

**MEET #3 MONDAY March 9th, 2026 (Modified meet schedule)**

**FIELD EVENTS:**

**4:00pm START**

**SHOTPUT**

**GIRLS THEN BOYS**

**DISCUS**

**BOYS THEN GIRLS**

**JAVELIN**

**GIRLS THEN BOYS**

**HIGH JUMP**

**GIRLS THEN BOYS**

**LONG/TRIPLE JUMP**

**GIRLS will compete long and triple followed by the BOYS long and triple jump.**

**RUNNING EVENTS:**

**5:00PM START**

**ORDER: 100/110 Hurdles, 1600, 100, 400, 800, 200**

**MUST CONTACT MEET DIRECTOR FOR PERMISSION TO ENTRY THESE MEETS!**

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