

COACH ERNEST MCPHERSON INVITATIONAL
Friday 3/28, 2025
SEMINOLE HIGH SCHOOL, SANFORD, FLORIDA

ENTRY FEE: \$250 PER SCHOOL. PAY TO: SEMINOLE HS TRACK AND FIELD
2701 RIDGEWOOD AVE.
SANFORD, FL, 32773

GOFAN for Spectators

¼" pyramid spikes only. No spectators, only coaches and athletes in the throws area.

NO ONE ALLOWED ON THE MAIN CAMPUS!

NO ONE ALLOWED ON THE INFIELD!

3 entries each individual event, 1 relay per event per school

4:00pm-----Field Events

Boys Discus-Girls to follow

Girls Shot-Boys to follow

Javelin Boys first, Girls to follow

LONG JUMP: TOP 10 GIRLS JUMP FIRST, FOLLOWED BY
TOP 10 BOYS . Then the remainder girls followed by
remainder Boys. TRIPLE JUMP WILL DO THE SAME.

Girls Pole Vault-STARTING HT: 1.83

Boys Pole Vault-STARTING HT: 2.44

Girls High Jump-STARTING HT: 1.32

Boys High Jump-STARTING HT: 1.64

4:00pm 3200 Final

5:00pm 4X800 Relays

5:45PM SENIOR NIGHT FOR SEMINOLE HIGH SCHOOL

6:30pm-----Running Finals-Heats against time.

100/110 H, 100, 4x100, 400, 400 H, 800, 200, 1600, 4x400

INVITATION ONLY: Contact Ken Brauman, 407-421-7516 or kenbrauman@aol.com

[12-15 Teams only. Seminole County, West Volusia top of the list!](#)

