

2023 Freedom Developmental

February 17th @ Freedom High School
Registration on Directathletics.com Timing Company: Elite Timing
Contact: Katie Angel katie.angel@ocps.net
Coaches Meeting: Will take place at 3:45 by the timing table. (Finish Line)

Field Events

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

4:00 PM

Long Jump (both boys and girls)
Boys Shot Put, followed by girls
Girls High Jump, followed by boys

*Triple Jump will start 10 minutes after Long Jump finishes, on separate runways

*Javelin will start 10 minutes after Shot put finishes, boys first followed by girls

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.

Hurdles races will be limited to 2 entries per school

All races will be Girls first, followed by Boys

5:00	3200 4x800 Relay
~6:00	100/110 Hurdles 100 Meter Dash 1600 Meter Run
~7:00	4 x 100 Meter Relay 400 Meter Dash 300 Hurdles
~8:00	800 Meter Run 200 Meter Dash 4 x 400 Meter Relay

Additional Information

Fees: Entry fee is \$125 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, with 2 entries into the hurdle events. **Online entry on Direct Athletics: ?????????? at Midnight.**

Tents: Can be set up on the West Field behind the bleachers, and participants will enter through the North Gate by the 100m starting line.

Tickets:

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

