



## Annual Kowboy Track & Field Invitational



Welcome to our Annual Kowboy Track & Field Invitational, hosted by Osceola High School in Kissimmee, FL! This year our event will take place on March 9th 2019. **All teams are limited to 3 individuals per event and one relay team per event per school.** There are concessions for everyone with a wide variety of food. The throwing areas are located to the West of the stadium on the football practice field. Our jumping areas are inside the stadium where spectators can view them with ease.

There will be awards for the top 8 athletes, with trophies to the championship and runner-up teams. At the end of the meet each coach should nominate their highest scoring female and male athlete from their team. There will be an award for the highest scoring male and female of the meet. **We will seed the top 16 girls and boys times in the 800m, 1600m, and 3200m to run in the Finals, all others will run in the earlier unseeded races. If an athlete in either unseeded race runs fast enough to place, he/she will do so.**

I hope everyone enjoys the meet and we can make this yearly event grow and attract the best competition in Florida. **The entry fee will be \$125 per gender or \$175 per school.** The meet will be limited to the first 38 schools that respond. Please contact Coach Eric Pinellas for further questions @ 407.518.5400 ext. 04891, email at [eric.pinellas@osceolaschools.net](mailto:eric.pinellas@osceolaschools.net) or by cell at 407-655-5704.

**7:30 a.m.** Coaches Meeting  
**8:30 a.m.** Field Events (Finals only, 3 attempts only, with the exception of the HJ and PV)  
Boys Long Jump, Triple Jump to follow Girls Long jump, Triple Jump to follow Boys Discus, Girls to follow  
Girls Shot Put, Boys to follow  
Girls High Jump, Boys to follow  
Girls PV, Boys to follow

**All running events are girls first, then boys:**

**8:15am** 4x800 Relay  
**9:30am** Unseeded Girls and Boys 3200m (seeds 17 through.....)  
**11:00am** Unseeded Girls and Boys 800m (seeds 17 through.....)  
**11:45am** Unseeded Girls and Boys 1600m (seeds 17 through...)  
**12:30pm** Running Prelims 100/110mh, 100m, 4x100m relay, 400m, 300mh, 200m  
**3:30pm** Finals (or 15 minutes after completion of Unseeded 1600) 100/110mh, 100m, 1600m  
4x100, 400m, 300mh, 800m, 200m, 3200m, 4x400m

**“To be the best you must compete against the best”**