

Highlander Classic at Lake Highland Preparatory School- March 15, 2019

Contact: Deanna Hill- dhill@lhps.org

Free Admission & Parking for spectators *Highlander Grill will be open

Entry Fees: \$250 (includes both boys' and girls' teams)

Checks made to Lake Highland Preparatory School Payment should be mailed to 901 Highland Ave. Orlando, FL 32803 Payment is due no later than March 10th, 2019 or spot will be reopened to the public.

Awards: TBA

-FAT will be used at the meet, Timing by Elite Timing

-Entries are due no later than March 13, 2019 11:59pm

-Each school will be required to bring one volunteer official to work the meet, just in case we need some help, but it is usually not necessary!

-1/4" inch and less. Pyramid spikes only

-Three entries per event. One relay team per school per event

Starting Heights

Boys Pole Vault: 8'0"

Girls Pole Vault: 6'0"

Boys High Jump: 5'0"

Girls High Jump: 4'0"

Time Schedule

3:45pm Coaches Meeting

4:15pm Running Events

4x800 Relay

Consolation 1600m Run (Unlimited Entries)

4:15pm Field Events *Check in at event site.

Minimum Mark listed below after 1st attempt, all fair first attempts will be counted!

The top 9 athletes in the throws and jumps at the conclusion of the normal preliminary round will receive 1 more attempt for a total of 4 attempts. *Only Top 9!

Farthest mark will count for placing!

Girls Shot then Boys- At Track

Boys Discus then Girls- At LHAC

Boys Long Jump (Triple Jump to Follow)
Girls Long Jump" (Triple Jump to Follow

Girls Pole Vault (Boys to Follow)

Girls High Jump (Boys to Follow)

5:30pm Running Finals (Heats against time)

100m/110 High Hurdles

100m Dash

1600m Run

4x100m Relay

400m Dash

300m Intermediate Hurdles

800m Run

Adaptive 800m Run

200m Dash

Adaptive 200m Dash

3200m Run

4x400 Relay