

Lake Howell Quad Meet 2020

Date: Wednesday, February 19, 2020

Place: Lake Howell High School

4200 Dike road

Winter Park ,FL 32792

Entry Fee: \$190 Per School TP,OHS,HHS,LHHS

Make Checks payable to: LAKE HOWELL HIGH SCHOOL TRACK

Contact Michelle Vernet vernetmz@scps.k12.fl.us or Matt Martin martinmz1@scps.k12.fl.us for more information.

Time: 3:45pm Coaches Meeting at the finish line

4:00pm

-Discus Throw Finals Boys

(Girls to follow)

-Shot Put Finals Girls

(Boys to follow)

-Long Jump Finals G & B

-High Jump Finals B

(Girls to follow)

-Pole Vault Girls

(Boys to follow)

Running Finals (All heats against time)(Girls followed by Boys)

4:45pm

100 Meter Hurdles/110 Meter Hurdles

100 Meter Dash

1600 Meter Run

300 Meter Intermediate Hurdles

800 Meter Run

200 Meter Dash

4x400 Meter Relay

Admission: \$5 (Adults) \$3 (School Aged Students)

All field events are finals with 3 attempts and all running events are heats against time.

Limit 6 athletes per event per team (Unlimited 4x4 Relay teams) All running contestants will report to the Clerk (wherever he may be)

MUST use ¼" pyramid spikes

All field event contestants will report to the event official in that event area.

Awards: Ribbons for 1st-8th Place

Entry: Online Entry must be done by Monday, February 17, 2020 at 11:59 pm.

Website for online entries is: www.directathletics.com