

Lake Howell Tri meet 2019

Date: Wednesday, February 20, 2019

Place: Lake Howell High School

4200 Dike road

Winter Park ,FL 32792

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 B

(Girls to follow)

Shot Put Finals G

(Boys to follow)

Long Jump Finals G & B (2 entries only)

(Triple Jump Finals to follow) G & B (2 entries only)

High Jump Finals B

(Girls to follow) G

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

4:45pm

100 Meter High Hurdles/110 Meter Hurdles

100 Meter Dash

1600 Meter Run

300 Meter Intermediate Hurdles

200 Meter Dash

4x400 Meter Relay

Note: 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) with the exception of long jump and triple jump (3 entries per gender per team).

All running contestants will report to the Clerk of Course.

MUST use ¼" pyramid spikes or smaller

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 18, 2019 at 11:59 pm.

Website for online entries is: www.directathletics.com