

### **Lake Mary Wednesday Meet (3/20)**

- 4 athletes per running/field event
- 2 relay teams per schools (A & B team)

**Entry Fee:** \$60 per team or \$100 both girls/boys team.

Send checks payable to LMHS attention athletic office

655 Longwood Lake Mary Rd., Lake Mary, FL 32746

**Spectator fee:** \$5.00

#### **Time Schedule:**

10:00am Coaches Meeting

#### **10:30am Field Events**

Discus Throw Finals B (Girls to follow)

G Shot Put Finals G (Boys to follow)

B Long Jump Finals G & B

(Triple Jump Finals to follow)

G & B Pole Vault Finals G (Boys to follow)

B High Jump Finals G (Boys to follow)

**11am:** Fall in/JV 1600 Meter Run G & B (unscored and recorded by own coaches)

#### **12:30 am Running Events** (Rolling Schedule- girls followed by boys)

1600m

100/110H

200

800

400

4x400