

Metro Conference Track Championships

Date: Thursday, April 4, 2019 – East only (hosted by Winter Park)

Place: Bob Mosher Track / Showalter Field, Winter Park, Florida

Schedule:

Field Events

Finals only with four attempts for the Long Jump, Triple Jump, Discus and Shot Put.

Time: 5:30 p.m.	Long Jump Finals	B & G
	Triple Jump Finals	B & G
	Discus Throw Finals	B & G
	Shot Put Finals	G followed by the B
	Pole Vault Finals	G followed by the B
	High Jump Finals	G followed by the B

Running Events

All races are Finals (no Prelims). Races with multiple heats will be seeded with top seeds in the last heat.

Time: 5:30 pm 6:00 p.m.	4x800 Meter Relay	G & B
	100 Meter High Hurdles	G
	110 Meter High Hurdles	B
	100 Meter Dash	G & B
	1600 Meter Run	G & B
	4 x 100 Meter Relay	G & B
	400 Meter Dash	G & B
	300 Meter Low Hurdles	G
	300 Meter Intermediate Hurdles	B
	800 Meter Run	G & B
	200 Meter Dash	G & B
	3200 Meter Run	G & B
	4 x 400 Meter Relay	G & B

Fees: Entry fees are \$100 per school.
East Schools: Please make checks payable to Winter Park High School.

Entries: Each school is allowed 3 entries per running or field event and one relay in each relay event. Online Entry must be done by **Monday, April 1, 2019 by 11:59 pm**.