

Metro East Conference Track Championships

Date: Thursday, April 10th, 2025 – East only (hosted by Winter Park)

Place: Showalter Field

Schedule:

Time: 7:45 am Coaches Meeting

Start/Finish line

Field Events

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

Time: 8:00 am Javelin G followed by B

(shot and discuss will begin at the conclusion of javelin)

Time: 9:00 am Long Jump Finals B & G

Triple Jump Finals B & G

Discus Throw Finals B followed by G

Shot Put Finals G followed by B

Pole Vault Finals G followed by B

High Jump Finals G followed by B

Javelin Finals G followed by B

Running Events

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

Time: Anticipated

9:00 am 4x800 Meter Relay G & B

11:00 am 100 Meter High Hurdles G

11:10 am 110 Meter High Hurdles B

11:25 am 100 Meter Dash G & B

11:45 am 1600 Meter Run G & B

12:00 am 4 x 100 Meter Relay G & B

12:10 am 400 Meter Dash G & B

12:35 am 400 Meter Low Hurdles G

12:45 am 400 Meter Intermediate Hurdles B

1:00 pm 800 Meter Run G & B

1:15 pm 200 Meter Dash G & B

1:35 pm 3200 Meter Run G & B

2:05 pm 4 x 400 Meter Relay G & B

Fees: Entry fees are \$300 per school includes officials

\$9 general admission

\$6 parking

East Schools: Please make checks payable to Winter Park High School Athletic Dept. Attention Track

Entries: Each school is allowed 6 entries per running or field event and one relay in each relay event.
Online Entry

Direct Athletics must be done by Monday 4/7/25 by 11:59 pm.

Tickets: Ticket allocation details will be provided at a later date and communicated to all participating schools
Athletic Directors. The link to purchase tickets will be released on Wednesday the 9th at 9am.