

Metro Conference Freshman - Sophomore Championship

Date: Wednesday, March 6, 2019

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

Time: 5:15 p.m. Coaches Meeting in front of press box (No additions - scratches only)

5:30 p.m.

Discus Finals G
(Boys Finals to follow) B
Shot Finals B
(Girls Finals to follow) G
Long Jump Finals G & B
(Triple Jump Finals to follow) G & B
Pole Vault G
(Boys Pole Vault to follow) B
High Jump G & B

5:45 p.m. 4 X 800 Meter Relay Finals G & B

6:30 p.m. Running Finals

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

- All running contestants will report to the Clerk of Course in the parking lot next to the 100 M start when 1st call is made.

-The order of events will be East Girls, West Girls, East Boys, and West Boys. We may combine the East/West

4 x 800m relays and the 3200m depending on the number of entries.

- All field event contestants will report to the event official in that event area when 1st call is made.

- Athletes are not to be in the infield except when competing.

- Running events are heats against time, fastest heat seeded first.

- Field events will be finals with 3 attempts (except high jump and pole vault), best flight will be first.

Fees: Entry fee \$125 per school, payable to Winter Park Athletic Department

Entry: Online Entry must be done by Monday, March 4, 2019 by 11:59 pm. Website for online entries is:
www.directathletics.com

- Each school will be allowed a maximum of 3 entries per running event.

- Each school will be allowed a maximum of 3 entries per field event

- Each school will be allowed a maximum of 1 relay per event

Entries will not be accepted by fax, email or phone.

**Only schools from the Metro Conference will participate. Only freshmen and sophomores can participate.

Admission: \$5.00 for spectators.

Awards: Boys and Girls Team Championship trophies will be awarded. Ribbons will be awarded to the top 8 in each event.

Results: Results can be found at www.elitetiming.net