

2019 Metro West Conference Championships
Hosted by Windermere High School
Stadium located at Deputy Scott Pine Community Park
Saturday, April 6, 2019

Coaches Meeting: 8:00AM

Field Events: 8:30AM

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

Long Jump Finals B & G

Triple Jump Finals B & G

Discus Finals: Boys followed by Girls

Shot Put Finals: Adaptive Girls followed by the Girls, followed by Boys

Pole Vault Finals Girls followed by the Boys

High Jump Finals: Boys followed by Girls

10:30AM Adaptive 800m

10:40AM 4x800m Relay (Girls followed by Boys)

11:40 AM Running Finals:

All races are Finals (no Prelims). Races with multiple heats will be seeded with top seeds in the last heat. Times will be verified and individuals with no time will be placed accordingly.

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

Adaptive 200m Dash

800 Meter Run G & B

200 Meter Dash G

200 Meter Dash B

3200 Meter Run G & B

4 x 400 Meter Relay G & B

Fees: Entry fees are \$200 per school. Please make checks payable to Windermere 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 Thursday, April 4, 2019 by 11:59 pm. Website for online entries is directathletics.com.

Scratch Meeting: We will not have a scratch meeting. All entries are due by Thursday, April 4, 2019 by 11:59PM. Performance lists and heat sheets will be posted by 8:00 AM on Friday, April 5, 2019.

Special Note: A team will not be able to make substitutions on race day or make additional scratches or changes after the final deadline. Athletes not showing for assigned events, will forgo their ability to compete in any subsequent races.

Relay exchanges: Zone 1: Apopka & Dr. Phillips, Zone 2: Edgewater & Evans, Zone 3: Ocoee & Olympia

Spectator Fee: \$5.00.

Special Note: There will be no parking in the grass across the street from the stadium. Additional parking and shuttle are available at Windermere High School. Any further questions, please contact the meet director @ jason.greer@ocps.net.