

# Middle School Track & Field MAC2 Championship Meet 2025

**DATE:** Monday, April 7, 2025

**LOCATION:** Out-of-Door Academy, 5950 Deer Dr, Sarasota, FL 34240

**MEET MANAGER:** Andres Parra

**CONTACT:** Erin Mulvihill [emulvihill@oda.edu](mailto:emulvihill@oda.edu) or (941) 527-5509  
Or Rob Hollway [rhollway@oda.edu](mailto:rhollway@oda.edu) or (612) 207-1658



## **ENTRIES:**

- **5 entries per event, one relay per school**
- Entries will be on Direct Athletics

## **SCHEDULE:**

3:00 PM – Coaches' meeting at finish line/timing tent

3:15 PM –Field Events: long jump (boys then girls), high jump (girls then boys), shot put (girls then boys), discus (boys then girls), pole vault

3:30 PM - 4x800 Relay

4:00 PM – All running finals

## **TRACK RESTRICTIONS:**

- Only 1/8 and 1/4 inch pyramid spikes allowed.
- No coaches on infield, please, unless you are timing athletes in the current event on the track. When coaches congregate near the finish line that results in athletes on the infield near the timers. Only those athletes who are warming up should be on the north end of the field. No athletes should be near the timing tent on the south end of the field.
- All team camps will be on the grassy areas outside of the fenced track area.

## **FIELD EVENTS ORDER:**

- Three efforts in all jumps and throws. All finals. Check in at designated areas upon arrival. If your athlete is competing in multiple throwing events, please check in at all events (or have someone designated to do so) and then report to your 1st field event.
- Long jump boys then then girls.
- Shot put girls and discus boys then the reverse at the conclusion of each.
- High jump girls followed by boys.

- Pole vault boys and girls combined.

**RUNNING FINALS ORDER (All finals, no prelims. Girls followed by boys in each event.):**

4x800 Relay

100m HH HH

100m

1600m

4x100m Relay

400m

800m

200m

4x400m Relay

**Athletes must check in with the clerk at the tent in the center of the field at FIRST CALL.** Please let your athletes know this. There will be no 3200m, 400mHH, or Triple Jump at this meet.

**AWARDS:**

- Awards for team champion for both girls and boys
- Individual ribbons for top 3 in each event

**TEAM/ATHLETE INFO:**

- All teams set up outside of the fenced track area in surrounding grassy areas.
- Warm up area is the north side of infield area (high jump end).
- **No electronics on infield per FHSAA rules.** Please remind them so athletes do not get disqualified.
- A trainer will be on site.
- PLEASE CLEAN UP YOUR TEAM AREA. TRASH CANS PROVIDED.
- Concession stand will be open.
- All athletes must clear the infield as soon as their event is completed.

**FHSAA OFFICIAL & STARTER:** Tom Orehowsky

**TIMING & SCORING:** Elite Timing

