

## **Royal Invitational Track and Field Meet**

Saturday, March 16th, 2019

The First Academy - Payne Stewart Athletic Complex

3000 South John Young Parkway, Orlando, Florida, 32805

Entry Fee: \$200 for both Varsity teams (Boys and Girls), \$100 for one team (Boys or Girls)

Contact: Moushaumi Robinson at [MoRobinson@thefirstacademy.org](mailto:MoRobinson@thefirstacademy.org) or Jane Knuth at [JaneKnuth@thefirstacademy.org](mailto:JaneKnuth@thefirstacademy.org)

Admission: \$5 per person (Adults and School Aged Students)

Awards: Medals for 1st-3rd Place

Team Limit: First 25 teams to register

### Notes:

1. MUST use ¼" pyramid spikes or smaller
2. Events will be timed using Elite Timing Systems. Full entries are due Wednesday, March 13th, 2019 at 11:59pm and must be entered through FLrunners
3. Each school must provide one volunteer coach to assist with field events
4. There will be a concession stand open throughout the day
5. Coaches, participants, buses, and spectators must park outside the complex in the Church parking lot
6. All team tents must be set up behind the visitors bleachers on the East side of the complex (opposite the press box). NO tents will be allowed anywhere else inside the complex
7. A warm-up area will be open for athletes prior to the meet
8. Please do not arrive before the gates open to avoid school traffic
9. Limit 3 athletes per event per team. One relay team per school per event
10. For the Invitational Mile, times will be verified and must be from the current season
11. There will be a separate consolation heat of the 1600m (boys and girls combined) with unlimited entries following the 200m Dash Final
12. Payment can be made out to The First Academy attn. Athletics
  - a. We must receive payment before the meet or your team will be unable to participate
  - b. Checks can be sent to 2667 Bruton Blvd, Orlando, FL, 32805
  - c. Please annotate that the check is for the meet you are entering

Limit 3 athletes per event per team (One Relay)

Schedule of Events:

**8:00am:** Gates Open

**9:00am:** Coaches Meeting

**9:30am:** Meet Begins

**9:30am:**

4 x 800m Relay (Top 16 Times)(Girls followed by Boys) (Finals)

3200m Run

**9:30am Field Events (Finals):**

Girls Long Jump  
(Triple Jump to Follow)  
Boys Long Jump  
(Triple Jump to Follow)  
Boys Discus  
(Girls to Follow)  
Girls Shot Put  
(Boys to Follow)  
Girls Pole Vault (5ft Starting Height)  
(Boys to Follow) (8ft Starting Height)  
Boys High Jump (5ft Starting Height)  
Girls High Jump (4ft Starting Height)

**11:30am Running Event Prelims** (Running events on a rolling time schedule; Girls Events followed by Boys Events):

Girls 100m High Hurdles  
Boys 110m High Hurdles  
100m Dash  
400m Dash  
300m Intermediate Hurdles  
200m Dash

**2:30pm Running Events Finals (Or 30 minutes after conclusion of Running Event Prelims):** (Running events on a rolling time schedule; Girls Events followed by Boys Events)

Girls 100m High Hurdles  
Boys 110m High Hurdles  
100m Dash  
1600m Run (Invitational)  
4 x 100m Relay  
400m Dash  
300m Intermediate Hurdles  
800m Run  
200m Dash  
Consolation 1600m (Girls and Boys)  
4 x 400m Relay