

Royal Open Track and Field Meet

Friday, February 22, 2019

The First Academy - Payne Stewart Athletic Complex

3000 South John Young Parkway, Orlando, Florida, 32805

Entry Fee: \$175 for both Varsity teams (Boys and Girls), \$100 for one team (Boys or Girls)

Contact: Moushaumi Robinson at MoRobinson@thefirstacademy.org or Jane Knuth at JaneKnuth@thefirstacademy.org

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

Awards: Medals for 1st-3rd Place

Team Limit: First 20 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 Tuesday, February 19th, 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. There will be a separate consolation heat of the 1600m (boys and girls combined) with unlimited entries following the 3200m run
11. 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

All events are finals: "Heats against Time"

Limit 3 athletes per event per team (One Relay)

Schedule of Events:

3:30pm: Gates Open

4:00pm: Coaches Meeting

4:15pm: Meet Begins

4:15pm:

3200m Run (Girls followed by Boys)

Consolation 1600m (Girls and Boys)

4:15pm Field Events:

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
(Boys to Follow)
Boys High Jump
Girls High Jump

6:00pm Running Events: (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
400m Dash
300m Dash
300m Intermediate Hurdles
800m Run
200m Dash
600m Run