

SAC CHAMPIONSHIP, APRIL 12, 2023

\$200 entry fee per team, checks made payable to Lake Mary High School Track & Field. This will pay for the timing, the scoreboard at the finish line, meet officials, and food and drinks for the coaches.

FIELD EVENTS (WE WILL BE ON A ROLLING SCHEDULE)

3:00PM LONG JUMP (BOYS AND GIRLS), TRIPLE TO FOLLOW
GIRLS SHOT PUT, BOYS TO FOLLOW
BOYS DISCUS, GIRLS TO FOLLOW
GIRLS POLE VAULT, BOYS TO FOLLOW
BOYS HIGH JUMP, GIRLS TO FOLLOW
JAVELIN (JAVELIN WILL BE AN OPEN PIT FROM 4PM - 6PM)

RUNNING EVENTS (WE WILL BE ON A ROLLING SCHEDULE ONCE THE 100/110 HURDLES START)

4:00PM 4 x 800
6:00PM 100/110 Hurdles
100
1600
4 x 100
400
400 Hurdles
800
200
3200
4 x 400

HEATS WILL BE SLOW TO FAST

Each school will need to have volunteers work the field events. We have officials set-up to run the events. Suggested list of areas to help so we can make the meet run efficiently.

Pole Vault, Discus, High Jump, Hurdles - Lake Mary, Oviedo
Shot Put - Lake Brantley, Crooms
Javelin - Winter Springs
Girls Long/Triple Jump - Hagerty, Lyman
Boys Long/Triple Jump - Seminole, Lake Howell