

**DATE: Monday, Feb., 10**

TIME:

3:00 Coaches Meeting

3:15 Warm-up for field events

2:30 G & B Javelin (*Infield Closed*)

3:30 Open 1600

FIELD EVENTS

B & G LJ/TJ

G & B HJ

G & B Shot

B & G Disc

G & B PV (Co-Ed start at 1.80m)

5:00 RUNNING EVENTS

HH

800

4 X 100 relay

400

100

300H

3200 (B & G run at same time)

4 X 200 relay

LIMITS: RELAYS – A, B, C

**400/DISCUS/Javelin – 3**

OPEN 1600 – Unlimited

ALL OTHER EVENTS – 5

Entry Deadline: 2/8/2020 at 11:59pm

\*Please be willing to help out in some capacity with relay zones or assist those schools running the Field Events.

ENTRY FEE: \$150 per school

(\$50 entry if you run a field event –email Coach Olayos)

– pay to: *St John Neumann HS Note: Track and Field*

Please send to: St. John Neumann HS  
3000 53<sup>rd</sup> St SW  
Naples, FL 34116  
*attn.: Athletics-Track*

Contact Information: Mike Olayos email: [molayos@sjnceltics.org](mailto:molayos@sjnceltics.org)