

Silverhawk Open 2019

Date: Wednesday, March 13, 2019

Place: Lake Howell High School

4200 Dike road

Winter Park ,FL 32792

Entry Fee: \$150 for both Varsity teams (Boys and Girls), \$100 for one team (Boys or Girls)

Make Checks payable to: LAKE HOWELL HIGH SCHOOL TRACK

Contact Michelle Vernet vernetmz@scps.k12.fl.us or Matt Martin martinmz1@scps.k12.fl.us for more information.

Time: 4pm Coaches Meeting at the finish line

4:15pm

Discus Throw Finals B

(Girls to follow)

Shot Put Finals G

(Boys to follow)

Long Jump Finals G & B (2 entries only)

(Triple Jump Finals to follow) G & B (2 entries only)

High Jump Finals B

(Girls to follow) G

Pole Vault Finals G

(Boys to follow) B

Running Finals (All heats against time)(Girls followed by Boys)

4:15pm

4x800 Meter Relay

6pm

100 Meter High Hurdles/110 Meter Hurdles

100 Meter Dash

1600 Meter Run

4x100 Meter Relay

400 Meter Run

300 Meter Intermediate Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

4x400 Meter Relay

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

All field events are finals with 3 attempts and all running events are heats against time.

Limit 3 athletes per event per team (One Relay) with the exception of long jump and triple jump (2 entries).

All running contestants will report to the Clerk of Course in the area of the 100 M start when 1st call is made.

MUST use ¼" pyramid spikes or smaller

All field event contestants will report to the event official in that event area when 1st call is

made.

Athletes are not to be in the infield except when competing.

Awards: Ribbons for 1st-8th Place

Entry: Online Entry must be done by Friday, March 8, 2019 at 11:59 pm.

Website for online entries is: www.directathletics.com

* Each school will be allowed a maximum of 3 entries per running event.