

# Silverhawk Open 2020

Date: Friday, March 27, 2020

Place:(mail checks payable to): Lake Howell High School Attn: Track  
4200 Dike road  
Winter Park ,FL 32792

Entry Fee: \$175 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](mailto:vernetmz@scps.k12.fl.us) or Matt Martin [martinmz1@scps.k12.fl.us](mailto: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

(Triple Jump Finals to follow) G & B

~High Jump Finals B

(Girls to follow)

~Pole Vault Finals G

(Boys to follow)

~Javelin Girls/Boys Combined G & B

\*If there are a large amount of entries, we will separate the genders.

Running Finals (Seeded Heat 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

All field events are finals with 3 attempts and all running events are seeded..

Limit 3 athletes per event per team (One Relay)

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

MUST use  $\frac{1}{4}$ " pyramid spikes.  
Infield is for Athletes and Coaches only.  
Awards: Ribbons for 1st-8th Place

Entry: Online Entry must be done by Sunday, March 22, 2020 at 11:59 pm.  
Website for online entries is: [www.directathletics.com](http://www.directathletics.com)  
\* Each school will be allowed a maximum of 3 entries per event.