

Entry Fee: \$110.00 per gender, \$200.00 for boys & girls teams

Please make checks payable to:

Montverde Academy

ATTN: Track & Field

17235 7th Street

Montverde, FL 34756

Admission: \$5.00, children under 5 are free

We will have a starter and field event judges

Awards: Championship & Runner-up Trophies, Medals to top 3 finishers

Please complete entries on Direct Athletics by Wednesday, February 26th 4:00 PM

Entries: 4 per individual event, 1 relay

We will accept the first 20 teams that enter

Busses may drop off at the track, then park in the bus lane in front of the Nest gymnasium, cars may park in the gym lot.

You may set up team tents on the first field to your right as you enter the Track & Field Complex; the stands are restricted to spectators.

The concession stand will be open at 4:00 PM

Please keep athletes off the infield unless they are participating in an event. Coaches, feel free to enter the infield at any time. Athletes will check in at the clerk's tent located at just outside of the gate at the start of the 100 by third call.

Please only use 1/4" Pyramid Spikes on the track and runways

All events will be finals; girls, followed by boys

***We will not be able to have Discus or Javelin this year**

3:45 PM Coaches Meeting

4:15 PM Field Events & 4x800

4x800 Meter Relay

Girls Long & Boys Long Jump (Triple to follow)

Girls Pole Vault (Boys to follow)

Girls Shot Put, boys to follow

Gils High, Boys to follow

4:30 PM Open 1600 Meter (unlimited entries, girls followed by boys)

5:45 PM Running Events, Rolling Schedule

100/110 Hurdles

100 Meter

1600 Meter (Seeded)

4x100 Meter Relay

400 Meter

300 Meter Hurdles

800 Meter

200 Meter

3200 Meter

4x400 Meter Relay