

Trinity Prep Relays

Friday, April 11th, 2025

Entry fee

\$200/school OR \$125 for only girls/boys team

Please make checks payable to Trinity Prep and send to the Athletic Office:

5700 Trinity Prep Lane
Winter Park, FL 32792

Registration

All registration will be done through Direct Athletics

Meet is by invite only and will be capped at 10 total schools. Please contact coach Mike Rogers at rogersm@trinityprep.org for entry

Maximum of 2 relay teams per relay event. 4 entries for each throws event

All entries must be completed by midnight on Wednesday, April 9th, 2025

Admissions

\$5 spectator fee

Meet Schedule (please do not arrive on campus prior to 3:00 due to school traffic)

3:45 - coaches meeting

4:15 - Throw Events (rolling schedule)

Boys Discus (girls follow) 4 athletes entered, throws added together

Girls Shot Put (boys follow) 4 athletes entered, throws added together

5:00 Relay events (rolling schedule)

Team 1600m (girls followed by boys) 4 athletes entered, times added together

100/110 SHR (girls followed by boys) 36" boys hurdles, 33" girls hurdles

4x100 (girls followed by boys)

DMR (1200, 400, 800, 1600) (girls followed by boys)

4x400 (girls followed by boys)

SMR (100, 100, 200, 400) (girls followed by boys)

4x800 (girls followed by boys)

4x200 (girls followed by boys)

Throwers 4x1 (girls followed by boys)

Trophies for Team Champion

Contact Coach Mike Rogers at rogersm@trinityprep.org with questions