

Mike Hill & Kristin McWilliams Distance Carnival

Date: Saturday February 27/28, 2026

Place: Bob Mosher Track / Showalter Field, Winter Park, FL.

Time: 5:30pm Coaches Meeting in front of Press Box

Friday February 27 2026

4:00pm Discus Throw Finals B

(Girls to follow) G

Long Jump Finals B & G

High Jump Finals G

(Boys to follow) B

Javelin Finals G

(Boys to follow) B

Friday February 27 2026

5:20pm 2000m Steeplechase Boys followed by Girls

****All Running events after the Steeple Chase will be Girls followed by Boys**

6:00pm 4x800 Girls Varsity

6:30pm 4x800 Boys Varsity

7:00pm 100m hurdles prelims Girls

7:00pm 100m prelims Girls Freshman Sophomore

7:20pm 110 Hurdles prelims Boys

7:20pm 100m prelims Boys freshman Sophomore

7:40pm 100m prelims Girls Varsity

7:40pm 100m prelims Boys Varsity

8:00pm 3200m Girls varsity

8:25pm 110m Boys Hurdles Finals

8:30pm 3200m Boys varsity

8:27pm 100m Girls Hurdles Finals

9:00pm Mike Hill DMR Girls 1600-800-400-1200

9:30pm Mike Hill DMR Boys 1600-800-400-1200

Saturday February 28 2026

7:30am 3200m Girls JV freshmen Sophomore
7:50am 3200m Boys JV freshman sophomore
8:20am 400m prelims Girls freshman sophomore
8:40am 400m prelims Girls varsity
9:00am 400m prelims boys freshman sophomore
9:20am 400m prelims Boys varsity
9:40am Mark Rose Medley Girls DMR 800-600-600-800
9:55am Mark Rose Medley Boys DMR 800-600-600-800
10:15am Frosh/Soph Girls 1600m
10:47am 4x100 Meter Relay G varsity
10:53am 4x100m relay Boys varsity
10:59am Frosh/Soph 4 X 100 Meter Relay Girls
11:04am frosh/soph 4x100m relay Boys
11:09am 1600m boys freshman sophomore
11:35am SMR 1-1-2-4 Girls
11:45am SMR 1-1-2-4 boys
11:55am McWilliams DMR Girls 8-4-4-8
12:15pm McWilliams DMR Boys 8-4-4-8
12:35pm 4x1500 varsity Girls
12:55pm 4x1500 Varsity Boys
1:15pm 200m Freshman sophomore Girls
1:35pm 200m freshman sophomore Boys
1:55pm 200m varsity Girls
2:15pm 200m varsity Boys
2:35pm 800m freshman sophomore Girls
2:55pm 800m freshman sophomore Boys

Final start 3:15pm Schedule
3:15pm Varsity 1600 Meter Run G

3:35pm 4x200 Girls finals
3:40pm 4x200m Boys finals
3:35pm 100m freshman sophomore Girls
3:37pm 100m Girls Final
3:39pm 100m Freshman sophomore Boys
3:41pm 100m Boys finals
3:43pm Varsity 1600 Meter Run Boys 4:45 standard
4:10pm 4 X 100 varsity Meter Relay Girls final
4:15pm 4x100m varsity Boys final
4:20pm Frosh/Soph 4 X 100 Meter Relay Girls final
4:25pm Frosh/Soph 4 X 100 Meter Relay Boys final
4:30pm 400m finals Girls freshman sophomore
4:35pm 400m finals Girls Varsity
4:40pm 400m Finals Boys freshman sophomore
4:45pm 400m Finals Boys Varsity
4:50pm SMR 8-2-2-4 Girls
5:05pm SMR 8-2-2-4 Boys
5:15pm 400m Low Hurdles Girls top 27
5:20pm 400m Intermediate Hurdles Boys top 27
5:25pm 800m Run Varsity Girls
5:35pm 800m Varsity Boys
5:45pm 4x4 mix relay
6:05pm 200m Girls freshman Sophomore finals
6:08pm 200m Girls Varsity Finals
6:11pm 200m boys freshman sophomore Finals
6:13pm 200m Boys varsity finals
6:15pm Gino & Rocco English Mix medley 6-6-4-1200
6:30pm Swedish relay Girls 1-3-2-4
6:40pm Swedish relay Boys 1-3-2-4
6:50pm Frosh/Soph 4 X 400 Meter Relay Girls
6:50pm Frosh/Soph 4 X 400 Meter Relay Boys
7:15pm 4x4 relay Varsity Girls
7:35pm 4x4 relay Varsity Boys

Finals start 3:15pm

- All finals events will be heats against time. Top 18 advance to Finals

- All running contestants will report to the Clerk of Course in the 100 M start area on 1st call.

- Both straightaways will be ran at the same time.

- All field events are finals with 5 trials. Minimum measured distances will be announced at the coaches meeting.

- All field event contestants will report to the event official in that event area on 1st call.

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

-We will use 1600m times to seed the Steeplechase since many athletes have not run steeple.**All running events will be contested by girls followed by boys except the 2000m steeplechase.

Entry: Online Entry must be done by February 24 2026 by 11:59 pm.

Website for online entries is: www.directathletics.com

- Each school will be allowed a maximum of 4 entries per running event.

- Each school will be allowed a maximum of 4 entries per field event.

- Each team will be allowed 1 relay per event.

- Entries will not be accepted by phone, fax or email.

-teams will have assigned team tent areas.

Fees: \$560 per school includes varsity & Jv boys and girls team \$300 per gender if bringing one team.

Make check payable to Wrk Daily Inc
Admission: \$20 for spectators.

Team Championship and Runner-up trophies will be awarded for both the boys and girls teams

Medals will be given to the top 3 in each event.
Results: Results can be found at www.elitetiming.net

Entry standards for distance events

Freshman sophomore
1600m Girls 6:00 Boys 5:05
800m Girls 3:00 Boys 2:45

Varsity
1600m Girls 5:30 Boys 4:45
800m Girls 2:40 Boys 2:25

400m Hurdles Top 27 Times

Mix relay order is G-B-G-B

Waterfall start for all races below
800m -1600m-3200m
4x8 4x4 4x4mix
All DMR
SMR 8-2-2-4
Gino English Mix medley