

**SAC Track and Field Championships 2019**  
**Host School – Lake Mary High School**  
**Wednesday – April 3<sup>rd</sup>, 2019**

**Meet Time Schedule:**

10:30AM Coaches Meeting on the Track / Weigh-In of Implements and PV Athletes

11:00AM 4 x 800 Relay Finals – G/B and the Pole Vault – Girls – Boys to Follow

12:00PM Long Jump Prelims and Finals – Girls and Boys  
Girls High Jump – Boys to Follow  
Girls Shot Put, Boys Discus

2:00PM Triple Jump Prelims and Finals – Girls and Boys  
Girls Discus, Boys Shot Put

4:30PM **Timed Running Finals** – FAT Heats / Verified Entry Times Only\*  
100 / 110 Hurdles  
100 Meters  
1600 Meters  
4 x 100 Meters  
400 Meters  
300 Hurdles  
800 Meters  
200 Meters  
3200 Meters  
4 x 400 Meters

**Cost Per Event Per School:** SAC Championships = \$100.00  
SAC FR/SO Meet = \$50.00

**Event Responsibilities:**

The host school will endeavor to provide officials for all events. If they are not successful, the listed teams will work the following events:

Pole Vault G/B: Lake Mary / Lake Mary  
LJ/TJ – Girls: Hagerty / Hagerty  
LJ/TJ – Boys: Seminole / Seminole  
High Jump – G/B: Oviedo / Oviedo  
Shot Put – G/B: Winter Springs / Winter Springs (LHHS)  
Discus – G/B: Lyman / Lyman (LHHS)  
Hurdles: Lake Brantley

**Jury of Appeals:** Hagerty, Seminole, Lyman, Winter Springs, Lake Brantley  
Alternates: Oviedo, Lake Mary, Lake Howell