

TIME: 3:00 Coaches Meeting / Warm-up for field events

3:30 Open 1600

FIELD EVENTS

B & G LJ/TJ

G & B HJ

G & B Shot

B & G Disc

G & B PV (Co-Ed start at 1.80m)

5:00 RUNNING EVENTS

800

4 X 100 relay

HH

400

100

300H

3200 (B & G run at same time)

4 X 200 relay

LIMITS: RELAYS – A, B, C

400/DISCUS – 4

OPEN 1600 – Unlimited

ALL OTHER EVENTS – 5

Entry Deadline: 2/10/2019 at 11:59pm

*Please be willing to help out in some capacity with relay zones or assist those schools running the Field Events.

ENTRY FEE: \$100 per school – pay to: *St John Neumann HS*

Please send to: St. John Neumann HS

3000 53rd St SW

Naples, FL 34116

attn.: Athletics-Track

Contact Information: Mike Olayos email: molayos@sjnceltics.org