



TRINITY PREPARATORY SCHOOL

5700 Trinity Prep Lane, Winter Park, FL 32792

inquire@trinityprep.org

Trinity Prep Quad Meets

Wed, March 6 & Wed March 20, 2013

Purpose To afford the opportunity for athletes not in your “top 3” the chance to compete in a quality meet environment. The meet will run a slightly altered schedule with NO 4x800 or 3200m races. The meets will be quite small with only the 4 invited teams (Trinity Prep, Winter Park, Lake Howell, Oviedo) attending. The meet is password protected – you must contact Coach Dean for the password to register.

Deana@trinityprep.org; 407 – 782-8033 (c) Please let me know ASAP if your team plans to attend.

Entry Fees

\$50 per school (max fee, I’m working with my AD to eliminate or reduce)

Registration

1. All registration will take place on-line through Flrunners.com; email Coach Dean for password
2. You can register **6 entries per event and 2 relay teams**.
3. All entries should be completed by the Friday prior to the meet

Admissions

\$5.00 for all spectators

Time Schedule

Please do not arrive on campus before 3:15 due to school traffic.

3:45 Coaches Meeting

4:00 Field Event Finals

Boys Discus (Girls to follow)

Girls Shot Put (Boys to follow)

Girls and Boys Long Jump (Triple Jump to follow)

Girls High Jump (Boys to follow)

Girls Pole Vault (Boys to follow)

5:15 Running Events

100m/110m high hurdles

100 m dash

1600m run

4x100m relay

400m dash

300 m hurdles

800 m run

200 m dash

4X400 m relay

**** All teams need to be prepared to assist in running an event!**



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