

1st Annual St. Cloud Track and Field Invitational

After hosting multiple home meets, including conference and district championships we have decided to start an invitational! This event will take place on February 23rd 2013. All teams will be limited to 3 individuals per event, and one relay team per event. Elite timing will be doing the scoring for this meet. We have a synthetic track that is 4 years old with great facilities! There will be a full concession stand for convenience. All venues are located in or right next to the track facility.

Awards will be given to the top 8 athletes and trophies will be given to the championship and runner-up teams. We will seed the top 16 girls and boys times in the 1600m to run in the finals and all other competitors will run in an unseeded 1600m at 11:30 am.

We are looking forward to hosting this event and we are looking forward to great competition. The entry fee will be \$75 per team or \$100 per school. Checks need to be made out to St. Cloud High School. This meet will be limited to the first 20 schools that respond. Please contact Coach Kevin Harkema @ 407-891-3100 Ext 08-811 or email harkemak@osceola.k12.fl.us

8:15 am Coaches Meeting
9:00 am Field Events (Finals only, 4 attempts only, with exception of the HJ and PV
Boys Long jump, Girls Triple jump will be followed by Boys Triple jump and girls long
Boys Discus, girls to follow
Girls Shot, Boys to follow
Girls High Jump, Boys to follow
Girls Pole Vault, Boys to follow

All running event are girls followed by boys

10:00am 4x800 Relay
11:30am Unseeded 1600 meter (athletes not in the top 16 seeds)
12:45pm Running Prelims 100/110 mh, 100m 4x100m relay, 400m, 300 mh, 200m
3:30pm Finals (or 30 minutes after completion of the prelims) 100/110mh, 100m, 1600m(top 16), 4x100, 400m, 300mh, 800m, 200m, 3200m, 4x400m