***SAC Track and Field Championships 2017***

***Host School – Lake Mary HS***

***Wednesday – April 12th, 2017***

***Meet Time Schedule***:

9:30AM Coaches Meeting on the track at the finish line.

Weigh-In of Implements and PV Athletes

10:00AM Girls Pole Vault – Boys to Follow

11:00AM 4 x 800 Relay Finals – G/B

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

***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

LJ/TJ – Girls: Hagerty

LJ/TJ – Boys: Lyman / Seminole

High Jump – G/B: Oviedo

Shot Put – G/B: Winter Springs

Discus – G/B: Lake Howell / Lyman

Hurdles: Lake Brantley

***Jury of Appeals:*** Hagerty, Seminole, Lyman, Winter Springs, Oviedo – alt: LBHS/LMHS

***FR/SO Championships @ Lake Mary High School – Wednesday – March 8th, 2017***

* 4 Entries per event per gender per school.
* 4:30PM – Field Events / 6:30PM – Running Finals (FAT Timed Heats)