

Date: Saturday, March 4, 2023

Site: Lincoln High School Track

3838 Trojan Trail

Tallahassee, FL 32301

Entry Fee: \$75.00 per gender - \$125.00 both teams

Make Checks payable to: Lincoln High School

Mail checks to:

Lincoln High School Track & Field

3838 Trojan Trail

Tallahassee, Fl. 32301

Entry: Entry: All Registration will be completed through www.directathletics.com. All Registration must be in by, Thursday March 2, 2023 at 11:59 pm.

Entry Limitations: Four (4) in individual events & One (1) relay

EVENT SCHEDULE

9:30 A.M. Coaches Meeting

10:00 A.M. Field Events - 4 attempts ONLY (except High Jump & Pole Vault)

Girls Long Jump Followed by Boys Long Jump

Girls High Jump followed by Boys High Jump

Girls Pole Vault Followed by Boys Pole Vault

Girls Shot Put Followed by Boys Shot Put

Girls Discus Followed by Boys Discus

Javelin will follow the conclusion of the discuss throws Boys followed by Girls

Triple Jump followed by Long Jump Girls followed by Boys

Track Events: Girls Follow Boys (rolling schedule) **All events are FINALS**

11:00 A.M.

4 x 800m

12:00 NOON:

100mH/110mH

100m

1600m

4x100m

400m

400mH

800m

200m

3200m

4x400m

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