

Creekside High School Friday Knight Invite

Date: Friday March 13th, 2015

Entry Fee: \$100 per school. This will cover both boys and girls. \$60 for only one gender. All checks need to be made out to Creekside Track and Field. Send to: Eric Frank, 100 knights Lane, Jacksonville Florida 32259.

Award: Trophies for team champion and runner up. Ribbons for 1st - 8th.

General Admission: \$5

Entries/Entry Limits: Only 15 teams will be accepted into this meet. Entries done on www.Flrunners.com by Tuesday March 10th @ 11:59pm.

2 entries in all running events

2 per field event

1 relay team per event

(Email Coach Frank the week of the meet if you believe you have more legitimate performers over the maximum entry limitations. Please note that any "extra" athletes will not be counted in the scoring of the meet and will not be eligible for awards.)

Time Schedule:

2:00 - Coaches Meeting (home stands)

2:30 - Field events (bonus attempts in throws and jumps)

Boys Long jump followed by Boys Triple Jump (Three attempts no finals)

Girls Long Jump followed by Girls (Three attempts no finals)

Girls Shot Put followed by Boys (Three attempts no finals)

Boys Discus followed by Girls (Three attempts no finals)

Girls Pole Vault followed by Boys

Boys High Jump followed by Girls

2:30 - DMR (1200,400,800,1600)Girls followed by Boys.

4x800m Girls Followed by Boys.

4x200m Girls Followed by Boys.

5:00 - Running Events

Girls 100mh

Boys 110hh

Girls 100m

Boys 100m

Girls 1600m

Boys 1600m

Girls 4x100m

Boys 4x100m

Girls 400m

Boys 400m

Girls 300mh

Boys 300mh

Girls 800m

Boys 800m

Girls 200m

Boys 200m

Girls 3200m

Boys 3200m

Girls 4x400m

Boys 4x400m

Team scores to be announced at the conclusion of the Boys 4x400m. Ribbons and trophy may be picked up at this time from the press box. If you plan on attending send a RSVP email to Eric.Frank@stjohns.k12.fl.us by February 13th. This meet will be limited to 15 teams, so RSVP ASAP.