

Providence Selmon Open

Online entry deadline is Monday February 20th 11:59pm

MS Projected Schedule

2pm - Middle School (MS) Running events start (girls then boys). MS Field events start.

MS Running Order: 4x400R, 100, 800, 200, 4x100R, 400, 100H

MS Field Events (at 2pm Start): Boys Shot Put & Girls Discus (switch after completion)

3pm-MS Long Jump (Simultaneous)

3:30pm-MS High Jump (girls then boys)

4:30pm-MS 1500 (combined heat)

Varsity Projected Schedule

3pm-Varsity Coaches Meeting

4pm-High School (HS) 4x800. HS Field Events Begin

HS Boys Shot Put & Girls Discus (switch after completion)

HS Long Jump (Simultaneous)

4:30pm-HS High Jump (girls then boys)

5pm-High School Running Events Begin on rolling start (girls then boys). HS Triple Jump (Simultaneous)

HS Running Event Order: 100H/110H, 100, 1600, 4x100R, 400, 300H, 800, 200, 3200, 4x400R.

Entry Fee:

-High School Varsity \$50 per gender

-Middle school if you are bringing a Varsity as well \$50 for M&F(combined)

-Middle School only (no varsity entries) \$75 for both genders

Checks to Providence Athletics

2701 Hodges Blvd. Jacksonville, FL 32224

Entry Limits:

Limit 4 athletes per event. Should you have a 5th athlete you would like to add please email madeleine.combs@hotmail.com

For any questions please email madeleine.combs@hotmail.com