



Track & Field Meet @ BARTRAM TRAIL HIGH SCHOOL **Friday March 3rd 2017**

ENTRY DEADLINE: TUESDAY, FEBRUARY 28th

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Limits:	1 relay, 4 individual event
Entry Fee:	\$150 per school, checks payable to Bartram Trail.
Entry location:	FLRunners.com

Field Events: *Three attempts					
5:00pm	Discus B, G to follow	Field Event Minimums			
_	Shot G, B to follow		Girls	Boys	
	LJ / TJ to follow	HJ	4'2"	5'2"	
	PV G, B to follow	PV	6'	9'	
	HJ B, G to follow	LJ	14'	18'	
		TJ	27'	36'	
APPROX. SCHEDULE		SP	27'	36'	
Final Running Schedule to be released with heat sheets		DT	70'	90'	
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Running Events:		*For horizontal events: all athletes			
5:00pm	4x800m	will have their first legal attempt			
5:25pm Prelims	100/110H	measured regardless of minimums.			
	100m	Contact: David Frank frankd@stjohns.k12.fl.us			
	3200m (final)			rank	
	1600m (slow heat)			12.fl.us	
	200m				
6:30pm Finals	300h (heats against time)	7399 Longleaf Pine Pkwy. St. Johns, FL 32259			
	400m (heats against time)				
	4x100m	fax: (904) 819-8359 -			
	200m	phone: (904) 287-6767			
	800m	phone: (901) 207 0707		0,0,	
8:00pm Power H	8:00pm Power Hour				
100/110H					
100m					
1600m (fast heat)					
4x400m					