

# 2022 Track District

April, 19 2022

Host: Lake Placid High School

202 Green Dragon Dr., Lake Placid, FL 33852

Athletic Director: Jason Holden (cell – 863-243-3527)

**Miscellaneous** – The track is located across Green Dragon Dr. from the high school. The gate to enter the track area is on Green Dragon Dr.

## **Itinerary –**

### **AM**

- 9:00 Coaches meeting in the hospitality tent
- 9:30 Weigh in of implements
- 10:00 Begin field events with Javelin on the infield of the track.

### **PM**

- 12:00 Running events starting with 4 x 800  
By majority vote we will run heats only. The best times will  
Determine places. Finishers 1 – 6 will receive ribbons in each running  
and field event.

- A trainer will be available starting at 11:00 am. They will have pre-wrap and regular athletic tape only. Please bring other supplies your athletes may require!

- Breakfast and lunch will be available on site.

- Our principal will not allow anyone on campus so athletes and parents will be restricted to the porta potties.

- Cost per school - \$350

**Please share with parents to bring chairs and entry is \$5 per person and \$5 for parking.**

**Feel free to share my cell.**