

Wild Cat Open Meet Schedule

Monday February 17 2025 Gates open 7:00am

Meet schedule is subject to change by entries. Any schedule changes will be made at the coaches meeting the morning of the meet.

FIELD EVENTS

8:00 am Shot Men

8:00 am Javelin Women 1st flight

8:00 am Long jump Women

8:00 am Long jump Men

8:00 am High jump Women

8:00am Boys Pole Vault

8:00am discus women 2nd flight

9:30 am Shot Woman

9:30am Javelin men

9:30am Discus men

10:00am High jump Men

10:00 am Triple jump Women

10:00 am Triple jump Men

11:00am Pole Vault Women

TRACK EVENTS

Gates open at 7am

Meet schedule

8:00am 2000m steeplechase boys and

8:20am 2000m steeplechase girls

8:40am 4x800 girls

9:00am 4x800 boys

9:30am 60m Girls

9:45am 60m Boys

10:00am 100m hurdles women prelims

10:20am 110m hurdles men prelims

10:40am 100m women prelims

11:00am 100m men prelims

11:20am 400m women prelims

11:40am 400m men prelims

12:00pm 800m women freshman sophomore

12:15pm 800m men freshman sophomore

12:30pm 300m men prelims

12:40pm 300m men prelims

12:50pm 1500m varsity women

1:00pm 1500m varsity men

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1:20pm 4x100m relay Jumpers girls
1:25pm 4x100m relay Jumpers boys
1:30pm 4x100m relay throwers girls
1:35pm 4x100m relay Throwers boys
1:40pm 4x100m relay freshman & sophomore girls prelims
1:45pm 4x100m relay freshman & sophomore boys prelims
1:50pm 4x100m relay Boys varsity prelims
1:55pm 4x100m relay Girls varsity prelims
2:00pm 600m varsity Girls
2:15pm 600m Varsity boys
2:20pm 200m women prelims freshman Sophomore
2:25pm 200m men's prelims freshmen sophomore
2:30pm 4x200m women final
2:45pm 4x200m men final
2:50pm 100 hurdles final
2:55pm 110hurdles Final
3:00pm 60m girls final
3:03pm 60m boys final
3:07pm 100m girls final
3:10pm 100m boys final
3:15pm 400m women final
3:20pm 400m men final
3:25pm 1200m women
3:35pm 1200m men
3:45pm 300m women Final
3:50pm 300m men final
4:00pm 200m women final freshman sophomore
4:10pm 200m men final freshman sophomore
4:15pm 4x100m Girls Varsity
4:20pm 4x100m Boys Varsity
4:25pm 4x100m freshman sophomore girls finals
4:30pm 4x100m freshman sophomore boys final
4:35pm 4x100m Coaches & Parents Relay
4:40pm 2400m run girls freshman & sophomore
4:52pm 2400m run boys freshman & sophomore
5:00pm 4x400m women final
5:12pm 4x400m men final
5:20pm 4x400m mix final

Registration on direct athletics

Meet entries: Entries will be done online via directsthetics.com Limit # of athletes per event. All entries will be taken to fill event # quota once quota is full registration will close for that event.

Running events

2000m steeplechase

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60m

400m 200m

1500m varsity

300m

600m varsity

1200m

4x4mix 4x8 4x2 4x1

freshman sophomore races only

200m

800m

2400m

4x1 relay

Entry fee: \$250 per Gender Team or \$400 for both teams. .

Plus \$20 Official fee Per team. = \$40 total for both teams

Example both teams $\$400 + \$40 = \$440$

\$50 per individual athlete (each relay participant is an individual).

No coaches work events

Coaches boxes,

Coaches Hospitality Tent :\$25 All Day meals & Drinks

Breakfast 8am-9:30am

Lunch 11:30am-12:30pm

Dinner 3:30pm-4:30pm

4 athletes per event, except 100m you can add additional athletes if they run
G 12.3 B11.2 or better

All relay winners get medals

Assigned team tent spots in team area.

Registration discounts multi years pledges to come to the annual Event. Only 20
contracts available for teams multi year pledges.

Unattached or individuals registration \$50

General Admission Tickets online only. No tickets will be purchased at the meet. All
general admission tickets are \$5 click link on meet info for tickets.

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Parking is \$5

Top team overall trophy.

Top 3 in each event gets medals.

Top 18 make finals

Top 18 make finals in 400m and 200m

Top 24 make finals in 60m

Top 18 relays make finals

Rabbits allowed in the 1500m and 800m at no cost with permission from Meet Director.

Entry fees due before February 10 at 5:00 pm.

School checks make payment to: winter park high school track

Schools & Unattached athletes will register at www.directathletics.com

Entry fee must be paid before arriving at the meet. NO EXCEPTIONS.

Admission: Admission for the public is \$5.00 and must be paid in advance online. No Exceptions

Parking \$5 parking lot of school and facility,

Packet pickup: Packets will be available for pick up at the meet management room at the entrance of Showalter stadium on morning of meet for those who don't pick up Thursday at 7pm. Packets will contain arm bands and receipts

Please have one representative enter and pick up the packet then exit and provide armbands to student-athletes and staff for admission.

Seeding: Running events on the oval will be seeded slowest to fastest. Straightaway races will be seeded randomly and field events will be seeded worst to best.

Entry limitations are rigid so meet will be over by 5:30pm.

Checkin: All athletes in running events are required to check in with the clerk thirty (30) minutes before the start of your event and will be escorted to the start line five(5) minutes before the start of the event.

Athletes failing to check in on time or be present for escort to their respective start line, will not be allowed to compete.

All Athletes in the vertical jumps must report to the event area sixty(60) minutes before the scheduled start of the event. In all other field events,

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ALL ATHLETES in Throws and horizontal jumps must report to the event forty five (45) minutes before the scheduled start of the event regardless of your flight. Failure to do so will result in disqualification from the event.

Advancement: In the horizontal jumps and throws, competitors will be given 6 attempts in the preliminary round depending on the entries size. All legal attempts will be measured.

Top nine(9) competitors with a legal attempt will advance to the final and be given an additional three (3) attempts.

In the 60m dash and 60m hurdles, 24 advance to finals

In the 400m and 200m top 18 will advance to the finals.

Lanes used: 1-9

Vertical jumps will be done in two pits (high and low) if numbers warrant.

Vertical jump Height Progression:

Women High Jump

Low pit : 1.25, 1.30, 1.35, 1.40, 1.45, 1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.78, 1.81, 1.84

High pit: 1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.78, 1.81, 1.84, 1.87, 1.90
5cm progression until 1.80 then bar will increase by 3cm

Men High Jump

low pit: 1.60, 1.65, 1.70, 1.75, 1.80, 1.85, 1.90, 1.95, 2.00, 2.05, 2.10, 2.15, 2.18, 2.21

high pit: 1.85, 1.90, 1.95, 2.00, 2.05, 2.10, 2.15, 2.18, 2.21, 2.24, 2.27
5cm progression until 2.15 then bar will increase by 3cm

Women Pole Vault

low pit : 2.15, 2.30, 2.45, 2.60, 2.75, 2.90, 3.05, 3.20, 3.35, 3.50, 3.65

high pit: 3.05, 3.20, 3.35, 3.50, 3.65, 3.80, 3.95, 4.05, 4.15, 4.25, 4.35
15cm progression until 3.95 then bar will increase by 10cm

Men Pole Vault: NCAA (5.45)

low pit: 2.75, 2.90, 3.05, 3.20, 3.35, 3.50, 3.65, 3.80, 3.95, 4.10, 4.25, 4.40, 4.55, 4.85

high pit: 4.25, 4.40, 4.55, 4.70, 4.85, 5.00, 5.15, 5.30, 5.45, 5.55, 5.65
15cm progression until 5.45 then bar will increase by 10cm

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Warm up: General warm can be done inside the perimeter of the compound (not safe to warm up out on the city streets). Warm up room is only for starts, hurdle work and fast strides. No general warm up jogging is to be done in this area.

All running in this area is only allowed in one direction. 5 lanes will be for women and the other 5 for men. Hurdle mobility work will be done on north end of area reserving the south end for work out of the blocks.

Spikes: Spikes will be checked and certified before entry is permitted to the competition area or the practice area and rechecked at the clerks table and start line. Only 1/4 inch pyramid spikes are allowed in this facility. 3/8 inch pyramid spike are allowed in high jump shoes with recessed spike plate

No needle or Christmas tree spikes are allowed. This is for the protection of the facility.

Weigh in: Implements will be certified in the weigh in room in the north east corner of the facility. Implement weigh in will be open from 6:00 am.

Only soft shell indoor shots and weights will be allowed. Implements must be signed in at weigh in and signed out at the event area after the completion of competition.

All decisions by implement certification officials are final.

Medical: Athletic trainers will only be allowed to set up under the EAST stands(closest to horizontal jumps). No set up is allowed behind the West stands, the competition area or warm up area. There is a training room in the warm up area but no team camps are allowed in this area.

There will be an ambulance and emergency medical personnel and two meet trainers on site but teams should provide their own athletic trainers.

Results: During the meet, heat sheets and results will be posted on www.elitetiming.net

Live results can also be found online at www.elitetiming.net

Parking: Drop off will be permitted at main entrance on the West side . All busses and team vans must be parked on the southeast side of the complex and school, opposite the main entrance. Teams enter in the east side.

Spectators enter on front Gate.

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Facility rules: No outside food or drink is allowed inside the facility However, I can provide you with contact information for the in-house caterer.

No drink other than water is allowed in the competition or practice area. It is not permitted to attach any signage to any wall or fence nor to deface any area in the facility

Only tape is permitted as markers. NO CHALK
Contact: Meet Director (951) 337-3729(text only)

Medals Top 3 overall in each event
Team trophies 1st & 2nd