

Lake Nona Middle School Track 2019-2020



<u>Opponent</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>
Meadow Woods/South Creek	Lake Nona	4/1/20	5:00pm
Walker/Freedom	Walker	4/8/19	5:00pm
Innovation/Westridge	Lake Nona	4/15/19	5:00pm
Hunters Creek/Renaissance Charter HC	Hunters Creek	4/22/19	5:00pm

Track Fest

T&F Championships @ Boone High School (ONLY the top 24 athletes and top 16 relay teams will be selected to compete at Trackfest). All qualifying times and distance MUST be able to be verified by the Cluster Representatives.)

Wednesday, May 8 (6:00pm): Field Events: Long Jump & Shot Put

Thursday, May 9 (6:30pm): Track Events: 100, 1600, 400, 4x100 Varsity, 800, 200, 4x400 Varsity

Girls participate first followed by Boys in all events.

Regular season order of events: Field Events, (shot put and long jump) 100, 1600, 400, 4x100, 800, 200, 4x4

Head Coach: Hannah Jennings	hannah.jennings@ocps.net
Head Coach: Dennis Jones	dennis.jones@ocps.net
Assistant Coach: Catelynn Durkin	catelynn.durkin@ocps.net
Assistant Coach: Dustin Nuckels	dustin.nuckels@ocps.net