

Power House Athletics and Daytona Express Presents

1st Annual Orlando 500

April 5, 2025

Meet Location: West Orange High School 1625 Beulah Rd, Winter Garden, FL 34787

AGE GROUPS: 6 & Under, 7-8 Years Old, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old, and **Open**. AAU Rules in effect. AWARDS: 1st, 2nd, & 3rd Place only

ENTRY FEE: \$25 paid thru <http://www.coacho.com/> SPECTATOR- \$12.00 (**UNDER 5 Free**) Parking - \$5 (Cash Only)

ADDITIONAL INFO: **6 & under** athletes limited to the 60m, 100m, 200m & Long Jump only.

Field Events 3 Attempts Only- NO FINALS **ATHLETES ARE RESPONSIBLE FOR PROVIDING THEIR OWN IMPLEMENTS FOR COMPETITION. **

MEET SCHEDULE

06:45 Packet Pickup

07:00- Track Opens for Warmup

07:45- Track Closes/Coaches Meeting/1st Call for 3000m Run

08:00- Events Begin on a Rolling Schedule as follows:

FIELD EVENTS (3 Attempts Only)

Long Jump

Javelin (13 years old and Older)

Shot Put (Youngest to Oldest)

Turbo Javelin

Discus (Reverse Order)

Triple Jump (Middle School State Qualifier)

****Athletes Must Provide Own Implements for Throw Events****

RUNNING EVENTS

3000m Run (Combined Heats)

80/100m Hurdles

100m Dash (Open/Master, 6U to oldest)

1500m Run (Combined Heats)

200m Dash (Open/Master then 6U-8U)

200M Hurdles (Middle School Qualifier)

400m Dash

4x100m Relay

800m Run

200m Dash (9-18)

Coach/Parent Relay (Time Permitting)

Please contact Coach CJ at (407)883-9806 to register your Middle School State Relay teams, Middle School Hurdles Qualification, or Triple Jump and for more information or via email at powerhouseatf@gmail.com

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.
- **Be Prepared:** Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

- **The Entry Gate will be a Cashless Entry- QR Code for advance purchase is below.**

- Live Results can be found on <https://www.godspeedtiming.com/>
- **NO TENTS ALLOWED IN THE LOWER HALF OF THE STANDS. Tie them down and be courteous of others.**
- We will follow the schedule.
- Please pay attention to the calls. Running Events take precedence over Field Events.
- Medals for Field Events awarded at the event. Medals for Events handed out at the Concession Stand 30 min after last heat
- **Starting Blocks reserved for 12 & older only.**
- **Personal Blocks allowed if you have someone to pick them up immediately**
- 15-18 will run in a combined high school heat.

- **ENTRIES AND CHANGES**

- The deadline for entries will be 11:59pm on Thursday 4/3/25. Entries will be \$25/Athlete. IF ANY late entries are accepted, the cost will be \$50/Athlete. **ALL LATE ENTRIES WILL BE UNSEEDERD AND PLACED IN OPEN LANES ONLY IF AVAILABLE.** Please make sure that your entries are accurate for gender, event, and marks and payment. Entry corrections (**gender corrections only allowed**) will be \$25/athlete and can only be made until 9:00pm on 4/4/25. NO OTHER CHANGES WILL BE MADE.

- **PROTEST**

- Protest Fee: A \$100 fee must be paid in cash to complete a protest. For Teams, the head coach only must go to the protest table at the concession stand, fill out the form, and pay the fee before the 30-minute protest period has expired for the event in question. For UNA Athletes, a parent or coach is allowed to make the Protest. If your protest is upheld in your favor, you will be refunded your protest fee. If your protest is denied, the fee will be forfeited to meet management.

- **REPLACEMENT BIBS**

All Replacement bibs cost \$10 Cash

Advance Spectator Ticket Purchasing

<https://powerhouseatf.ticketleap.com/>

SPECTATOR PARKING

ENTRANCE →

JAVELIN

SHOT

DISCUS

LONG JUMP

OFFICIALS ONLY PARKING

