

## **2A-10 & 1A-10 DISTRICT TRACK MEET**

### **Lake Region High School**

**Host/Site:** Lake Region High School  
1995 Thunder Road, Eagle Lake, FL 33839

John Blackburn Jr, Meet Director  
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**Date of Meet:** Saturday, April 23, 2022

**Awards:** Team Champion and Runner-up Trophies will be presented at the conclusion of the meet.

**Ribbons:** Top 8 – These may be picked up in the press box after your team's last event.

**Admission:** \$5.00 adults and \$2.00 for students  
Concessions will be available.

**Coaches Meeting:** **THERE WILL NOT BE ONE TO TRY TO MAKE IT EASIER ON PEOPLE.**  
**Will be done via email.**

**Entries are due by April 14, 2022 at 11:59pm. These will be done on Direct Athletics. The meet will be opened up by the FHSAA. As soon as they do then I will let you know to put your entries in.**

- 1. School Entry Fee: \$200.00. This is for the timer, Champion and Runner-up trophies, individual awards for top 8 and FHSAA officials.**
- 2. Advancement to the Region Meet:** The top 4 in each event will automatically advance on.
- 3. All HSAA rules will be in effect.**
- 4. Timer: Elite Timing**
- 5. Meet Starter/Official:**
- 6. The infield will be closed to all. No coaches will be allowed on the infield.**
- 7. Athlete reporting: All calls will be made by class and gender.** Tell your athletes to pay attention to the calls. They do not need to start reporting until their class and gender are called.
- 8. Pole Vault:** If the overall numbers allow it, I will jump both classes at the same time (TBD). They will be scored separately. The coach will sign a form at the event stating that your vaulter and their pole meets the requirements of NFHS rule 6-5-3. The only vaulters allowed on the infield will be the gender competing. All others will not be allowed. They will not be allowed to camp out while the others are jumping. They can camp out in their team area.
- 9. Implement weights and measures:** This will be done at the event check in for those throwing at 8:30. For all others it will be at 9:00 behind the timer's tent.

10. Throws and Jumps: Will be straight finals. Will be a straight four (4) attempts. Will be worst to best.

11. All athletes are to sit on the visitor's side. The home side will be kept open for spectators. No athletes will be allowed on the infield unless they are participating in an event. Athletes not in compliance will be disqualified. This includes coaches. Head Coaches make sure any assistant coaches you have understand this. Athletes will report ready to compete. They do not need to show up in warmups or tee shirts. They should already have their spikes on. Head Coaches make sure your athletes and assistants know this a head of time. This will be strictly enforced! Warm-ups are to take place behind the visitor stands.

The track surface is rubber. ¼" Pyramid Spikes Only. If the athlete does not have the correct spike we will not wait for them to get them changed out.

12. Parking: Please follow the directions of the parking attendants. Buses will be allowed to drop off their teams and then will be directed to park Infront of the school.

13. We will need coaches to help with Field events.

14. Jury of Appeals: TBD. 2A jury will handle any issues with 1A and the 1A jury will handle any issues with 2A.

**STARTING HEIGHTS: Will be one height below the lowest qualifying height.**

**Schedule:** The time schedule for the Meet will be as follows:

**Field Events The 8:00 start time is the only set time. The others are estimates. As soon as the preceding event has concluded, then the call for the next event will occur. The others are estimates. (Throws and Jumps will get four attempts. Straight finals.)**

8:00 a.m.:

1A Girls Disk  
2A Girls Shot Put and adaptive  
2A Girls Long Jump  
1A Boys Long Jump  
1A Girls High Jump  
2A Boys Pole Vault  
2A Boys Javelin

10:00 a.m.:

2A Girls Disk  
1A Girls Shot Put and adaptive  
1A Girls Long Jump  
2A Boys Long Jump  
2A Girls High Jump  
1A Boys Pole Vault  
1A Boys Javelin

9:00 a.m.:

1A Boys Disk  
2A Boys Shot Put and adaptive  
2A Girls Triple Jump  
1A Boys Triple Jump  
2A Boys High Jump  
2A Girls Pole Vault  
1A Girls Javelin

11:00 a.m.:

2A Boys Disk  
1A Boys Shot Put and adaptive  
1A Girls Triple Jump  
2A Boys Triple Jump  
1A Boys High Jump  
2A Girls Javelin

9:00 a.m.

4 x 800m Relay Finals – Order is 1A Girls, 2A Girls, 1A Boys, 2A Boys

**12:30 pm (or 30min after the conclusion of field events)**

**Running Events are timed finals from slow to fast. We will then proceed on a rolling schedule.**

Order is 1A Girls, 2A Girls, 1A Boys, 2A Boys

Girls 100m Hurdles

Boys 110m Hurdles

Girls 100m Dash

Boys 100m Dash

Girls 1600m Run

Boys 1600m Run

Girls 4 x 100

Boys 4 x 100

Girls 400m Dash

Boys 400m Dash

Wheelchair 800m (if needed)

Ambulatory 800m (if needed)

Girls 300m Hurdles

Boys 300 I Hurdles

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 3200m Run

Boys 3200m Run

Wheelchair 200m (if needed)

Ambulatory 200m (if needed)

Amputee 200m (if needed)

Girls 4 x 400

Boys 4 x 400