



2025 FHSAA Track & Field Meets

2025 2A-District 6 Track & Field Championships

April 24, 2025, at Lake Highland Preparatory School
901 Highland Ave, Orlando, FL 32803

Venue

- The venue map is attached in the email
- **Please remember that school will be in session. All spectators and athletes MUST stay in the stands or the competition area. There will be no roaming of campus.**

Weigh In

- All implements must be checked in prior to the start of the event. The implement weigh-in opens at 10:00 am

Hydration

- Hydration stations will be set up around the venue with water and Gatorade coolers to fill up cups or personal water bottles.

Trainers

- We will have a full training staff on site for any injuries.

Tickets

- Please purchase your spectator tickets at gofan.com. I will send out the exact link as we get close to the event.

Field Events

Based on the FHSAA T&F handbook, District meets will adhere to the following prescribed heights and incremental increases until only one jumper remains. All heights are listed in meters:

The starting height will be one height below the lowest height entered, and then it will

follow the

height progression based on the handbook.

High Jump: 1.17, 1.22, 1.27, 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.97, 2.02, 2.07, 2.12, 2.17, 2.22

Pole Vault: 1.50, 1.65, 1.80, 1.95, 2.10, 2.25, 2.40, 2.55, 2.70, 2.85, 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95

Long Jump boards: G: 8ft B: 12ft

Triple Jump boards: G: 24ft B: 28ft

Check-in Process **Updated:**

- Running Events: Initial check-in for all running events must occur at least 20 minutes before the event's scheduled start time. All warm-ups should be completed before arriving at the tent.
- **We will allow warm-ups for the 3200 and the 4x800 on the track. Once the 4x800 runs, the track will be closed to all other runners**
- Field Events: Athletes may begin checking in at the event area 45 minutes before the start of the event. If they are in the second wave of field events, please do not check in until the previous wave has completed the competition.
- Pole Vault may check in 60 minutes prior to start. Those not checked in 15 minutes before the event start time may be scratched. Field event warm-up for all competitors may begin 60 minutes before the start of the event, but only if an official is present. 10 minutes before the event starts, the warm-up will be restricted to the first flight of competitors only.

Schedule of Events (Tentative)

**Subject to Change*

FIELD EVENTS (Weights & Measures - 10:00 am-11:00 am)		
Time	Event	Boys/Girls
11:00 AM	Pole Vault	Girls
	Long Jump (Two Pits)	Girls & Boys
	High Jump	Boys
	Javelin**	Girls
	Discus	Boys
	Shot Put**	Girls
1:00 PM	Pole Vault	Boys
	Triple Jump (Two Pits)	Girls & Boys
	High Jump	Girls

	Javelin**	Boys
	Discus	Girls
	Shot Put**	Boys
<i>*Field Events may be adjusted to meet venue-specific considerations.</i>		
<i>**Para is included in each field event and will commence after the respective field has been completed.</i>		
RUNNING EVENTS – ALL TIMED FINALS		
Time	Event	
10:15 AM	3200m Run	
1:00 PM	4x800m Relay	
2:30 PM	100m Hurdles	
2:45 PM	110m Hurdles	
3:00 PM	100m Dash (and Para)	
3:30 PM	800m Para	
3:45 PM	1600m Run*	
4:05 PM	4x100m Relay	
4:25 PM	400m Dash (and Para)	
4:45 PM	400m Hurdles	
5:00 PM	800m Run**	
5:15 PM	200m Dash (and Para)	
5:35 PM	4x400 m Relay	
6:05 PM Team Awards		
<i>*One section per gender (alleys should be used if possible)</i>		
<i>**Two sections gender</i>		

Advancement.

District Meet to Regional Meet. The top four (4) marks in each event at the district meet automatically qualify for the region meet. Automatic qualifying athletes are not eligible to complete a “Declaration of Non-Consideration”. The next eight (8) best marks established at sanctioned qualifying meets during the regular season in each region not automatically qualifying by place at the district meet in each event will qualify for the region meet. These qualifiers will be known as “at-large bids”. The at-large qualifying bids, once announced, are final.