

## 4A District 6 & 1A District 10- April 16, 2026

**Contact info:** Brian Robichaud ([brian.robichaud@polk-fl.net](mailto:brian.robichaud@polk-fl.net); 863-797-7966)

**Entry Fee:** \$305 per team; Checks made payable to :

George Jenkins High School  
Attn: Jestin Bailey/District Track Meet  
6000 Lakeland Highlands Rd.  
Lakeland, FL 33813

**Admission:** \$8; Cash or Online at GOFans

**Concessions:** CASH ONLY

**Awards:** Top 3 Medals Individuals/Relays; Team Champion and Runner-Up Trophies

**Team Packets:** Pick up at top of hill. Each team (Boys/Girls) will receive 3 coaches' wristbands (6 total per school; Please email me if you have more coaches and we can get wristbands based on total athlete entries). Athletes must have their Jerseys in order to be allowed entrance. Team Warmups/shirts/apparel will not allow admittance without payment.

**Tent Area:** All team tents should be set up on the North or East side of the track (Visitor side); Please be aware of proximity to Discus area when setting up tent. Please keep area clean and throw away all trash

**Coaches Meeting:** 10:15 by the finish line.

**Entry Deadline:** Saturday, April 11<sup>th</sup> @ 11:59 p.m.; **Late Entries-** Monday, April 13<sup>th</sup> from 12:00pm-6:00pm (**\$250 fee per school/gender**)

- **No further changes or additions may be made after the deadline for any reason. To facilitate late edits, all entries will be reopened, and all changes made will be tracked. FHSAA will send invoices to the schools in the following days that make changes to entries during the window.**

**Athlete Entries:** 4 per event; 1 Relay

- **Procedure for Entry.** When beginning the entry process on DirectAthletics, **only those students that have competed (verified results on TFRRS Florida) in five meets (FHSAA Policy 10.3.2.4) will be available to enter.** As the students become eligible over the next week or so by meeting the minimum contest requirement, they will appear on your list as available for entry.
- **Waiver.** Please understand that only those students with five verified results on TFRRS Florida are eligible to be entered. A waiver of the minimum contest requirement may be requested using this form ([click here to access the form](#)) for any student with a documented injury that prevented the student from meeting the minimum contest requirement. Any waiver request must be accompanied by documentation that includes (minimal) injury information and a release date. Each request will be considered individually.

**Infield:** Closed to athletes and coaches (There will be a PV box on the infield; Coaches must stay within the box)

**Field Events:** 4 attempts per athlete in horizontal jumps/throws

**High Jump Progression:** 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 Progression:** 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

**Running Events:** Straight Finals

### **Jury of Appeals**

**1A: All Saints, Bishop Moore, Lakeland Christian, Seffner Christian, Victory Christian**

**4A: Celebration, Haines City, Lakeland, Lake Gibson, Ridge Community**

**Advancement to Regional Meet:** Top-2 Finishers in each event will automatically qualify for the Regional Meet

The next eight (8) best marks established at sanctioned qualifying meets during the **regular season (District Meet results WILL NOT be used for at-large purposes)** in each region not automatically qualifying by place at the district meet in each event will qualify for the region meet (**Any athlete with a result of a DNS (Did Not Start), DNF (Did Not Finish), DQ (Disqualification) for any reason, NM (No Mark), NH (No Height), or FS (False Start) shall not be eligible for an at-large bid in the event in which the result occurred at the district meet. An athlete must compete and finish an event at the district meet to compete in that event at the region meet, regardless of whether the athlete qualifies automatically or at-large.**)

### **Tentative Schedule:**

**FIELD EVENTS- 11:00 (Worse to Best; 4 Attempts-Horizontal Jumps and Throws)**

#### **SECTION A:**

4A Girls Long Jump  
1A Boys Long Jump  
4A Boys High Jump  
4A Girls Shot Put  
1A Girls Discus  
1A Boys Javelin  
1A & 4A Boys Pole Vault

#### **SECTION B: (After Conclusion of Section A for that event)**

4A Girls Triple Jump  
1A Boys Triple Jump  
1A Girls High Jump  
1A Boys Shot Put  
4A Boys Discus  
4A Girls Javelin  
1A & 4A Girls Pole Vault

#### **SECTION C: (After Conclusion of Section B for that event)**

1A Girls Long Jump  
4A Boys Long Jump  
1A Boys High Jump  
4A Boys Shot Put  
1A Boys Discus  
1A Girls Javelin

**SECTION D: (After Conclusion of Section C for that event)**

1A Girls Triple Jump  
4A Boys Triple Jump  
4A Girls High Jump  
1A Girls Shot Put  
4A Girls Discus  
4A Boys Javelin

**RUNNING EVENTS**

**1:00**

4x800 (Order is 1A Girls, 4A Girls, 1A Boys, 4A Boys)

**3:00 or ~15:00 After Field Events if Later (Rolling schedule; Order is 1A Girls, 4A Girls, 1A Boys, 4A Boys)**

100m Hurdles (Girls Only)  
110m Hurdles (Boys Only)  
100m  
1600m  
4 x 100  
400m  
400m Hurdles  
800m  
200m  
3200  
4 x 400