



2026 FHSAA District 7 Meet Information 4/18/26

Awards:

Team champion & runner-up trophies will be presented at the conclusion of the meet for each gender. Individual medals for 1st-3rd places in each event for each gender.

Entry Fee: \$250 per school

This helps cover timing, officials, event staff, trophies, & individual awards

Advancement to the regional meet:

District Meet to Regional Meet. (1) The top two (2) places in each event at the district meet automatically qualify for the region meet. (a) All ties resulting in more than two (2) automatic qualifiers to the region meet must be broken using appropriate NFHS tie-breaking procedures. (i) NFHS Rule 6-3 to be applied for field events. (ii) A run-off shall occur for running events. (iii) Points for second place ties will be distributed according to NFHS Rules 5-8 and 6-3 as the tie-breaking procedure is for advancement only. (b) Automatic qualifying athletes are not eligible to complete a "Declaration of Non-Consideration". (2) The next eight (8) best marks established at approved 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".

Half-Mile timing will be assigned to this meet for timing.

During Race Procedures:

- Only ¼" pyramid spikes will be allowed on the track. NO EXCEPTIONS
- Each athlete will report to the clerk tent to check in at time of first call of their event
- Hydration station will be set up on the field
- Medical tent with onsite ATC will be on the field
- Athletes will be disqualified from the meet for jumping fences at the facility.
- **ABSOLUTELY** no food, gum, or sunflower seeds inside the track facility
- All javelins must be in a case

Event Responsibilities:

Every school is **REQUIRED** to supply 1 coach/volunteer for the field events. Please use the link provided to sign up your schools volunteer. No one is exempt from this. We will not start the meet until every slot is filled. Use the link below to submit your sign up.

<https://www.signupgenius.com/go/4090E4EADAB22A1F85-62548287-2026>

-**Hurdles & exchange zones** : If all teams would help out, that would be greatly appreciated.

Jury of Appeals: MDCA, Wildwood, First Academy- Leesburg, Orangewood Christian, Geneva, & Masters **Alternates:** Seven Rivers, Circle Christian, LMP, & Holy Cross



2026 FHSAA 1A Track & Field District 7 Meet

***7:30am- Coaches Meeting**

***7:00am-8:00am- Implement Weigh-In** (location is the tent near the concession stand).

- Pole vault weigh in and javelin inspection will take place at the competition site before the event begins.
- Any attempt to use an unchecked implement or vault on a pole underweight will result in disqualification from the event for unsportsmanlike conduct.

FIELD EVENTS (Implement Weigh In is from 7:30am-8:30 am)		
Time	Event	Boys/Girls
8:00 am	Javelin	Girls followed by Boys
9:30 am	Pole Vault	Girls
	Long Jump (Two Pits)	Girls & Boys
	High Jump	Boys
	Discus	Boys
	Shot Put	Girls
11:30 am	Triple Jump (Two Pits)	Girls & Boys
	High Jump	Girls
	Discus	Girls
	Shot Put	Boys
	Pole Vault	Boys

RUNNING EVENTS – ALL TIMED FINALS

Time	Event
9:30 am	3200m Run
11:30 am	4x800m Relay
12:30 pm	100m Hurdles
12:40 pm	110m Hurdles
12:50 pm	100m Dash
1:00 pm	1600m Run
1:05 pm	4x100m Relay
1:10 pm	400m Dash
1:25 pm	400m Hurdles
1:40 pm	800m Run
1:55 pm	200m Dash
2:25 pm	4X400m Relay
2:45 pm Team Awards	
(Individual medals 1st-3rd will be given out at the tent near the concession stand as each event has final results. Medals that are left will be mailed to the school)	