

2026 4A R1 District 3 Meet

April 15th @ East River High School

Registration on Directathletics.com <https://www.directathletics.com/meets/track/96075.html>

Contact: Head Coach: Teresa Smith– 305-889-9395 | Teresa.Smith@ocps.com

Athletic Director: Brittney Scott – 954-319-0424 | Brittney.scott@ocps.net

Coaches Meeting: Will take place at 1:45. (High Jump Pit) – Infield will be closed when the meet begins. Implement Weigh-Ins: Will be from 12:00 to 2:00 pm

Field Events

Finals only with 4 attempts for Long Jump, Triple Jump, & Throwing Events.

Timer: TBD

Meet Referee: TBD

Starter: TBD

Field Events will begin at 2:00 PM Throwing

2:00 PM Girls Discus & Boys Shot

Follow Girls Shot & Boys Discus

4:00 PM Girls Jav & Boys Follow

Rest of Field

2:00 PM Long Jump B & G

Triple Jump B & G

Pole Vault Girls followed by Boys

High Jump Girls Followed by

Boys

Running Events

All Races are finals (no prelims) Races with multiple heats will be seeded with top seeds in last heat.

Anticipated Times (If we are moving faster, we will)

3:30 pm	4x800 Relay	Girls	&
		Boys	
5:00 pm	100 Meter High Hurdles	Girls	
Running Schedule	110 Meter High Hurdles	Boys	
	100 Meter Dash	Girls	&
		Boys	
	1600 Meter Run (Finals)	Girls	&
		Boys	
	4 x 100 Meter Relay	Girls	&
		Boys	
	400 Meter Dash	Girls	&
		Boys	
	400 Meter Low Hurdles	Girls	
	400 Meter Intermediate Hurdles	Boys	
	800 Meter Run	Girls	&
		Boys	
	200 Meter Dash	Girls	&
		Boys	
	3200 Meter Run	Girls	&
		Boys	
	4 x 400 Meter Relay	Girls	&
		Boys	

Additional Information

Fees: Entry fee is \$300 per school. Please make checks payable to East River High School. Water bottles for coaches will be provided. Entries: Each school is allowed 4 entries per running or field event and one relay each in each event. Awards: Medals for 1st - 3rd, Ribbon for 4th – Championship Plaque

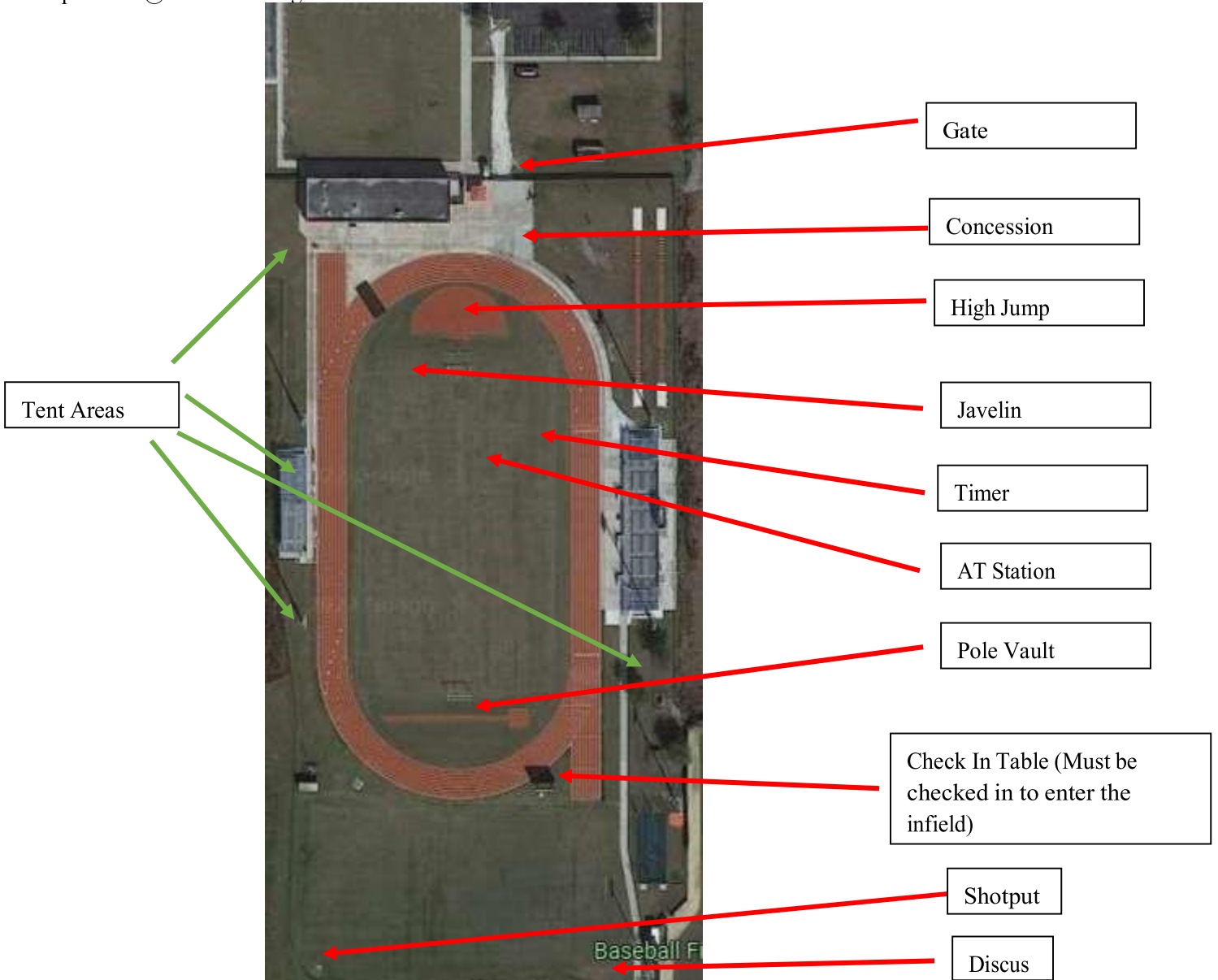
Tents: Can be set up in the stadium (Visiting Bleachers) or along that side of the stadium

Event Assignments: please contact Teresa Smith by email: Teresa.Smith@ocps.net if you are willing to help it is appreciated (free meal at concessions)

Tickets: will be available by cash and online through go fan: <https://gofan.co/event/3471807?schoolId=FL25482>

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Event	School Working	
Shot Put	Boys: East River (Adkins)	Girls: East River (Adkins)
Discus		
Javelin	East River (Adkins)	

Pole Vault	FHSAA
High Jump	FHSAA
Long Jump	FHSAA
Triple Jump	
Hurdle Crew	
Meet Referee	FHSAA:

4x100 Exchange: Zone 1.

Zone 2.

Zone 3.

Jury of Appeals:

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Jumping Heights

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