

The 2024—3rd Annual – North Florida/South Florida Challenge



Hosted by Flagler Palm Coast High School Saturday March 9th

The entire track facility was re-installed (again) and surfaced with the epiQ Track S200 (red-polyurethane surface) in (July 2022) to include new wider runways and a NEW Javelin runway. This makes it one of the fastest and finest high school facilities in the state, not to mention the concrete stadium with seating for over 5,000. The pole vault and high jump systems are NEW First Place pits (Spring 2017 and 2022) that exceed high school and college safety standards. Concessions and restroom facilities are available on site.

The meet will be team scored & scored North vs. South

2023 "Challenge" events this year will be: **4x200**

Entries for all events will be limited to **UNLIMITED per event, 2-relays/school. B-team relays will also be allowed and scored.** The meet will SCORE only 4-entries per school.

All entries will be entered via <https://www.directathletics.com>. The meet will be SEEDED with the last heat being the FASTEST heat and the last flight being the best flight in field events. Seeded heat sheets will be posted on live.halfmiletiming.com by 7pm Thursday. ALL distance athletes whether they are in the SEEDED sections or the CONSOLATION sections will receive official times.

Field Events: 4x jumps or throws. However, Field Events will have minimum distances.

The meet will be timed by Half-Mile Timing and will include a **video board at the finish line. LIVE RESULTS** will be available live.halfmiletiming.com under the North Florida/South Florida Challenge link. This meet is sanctioned by the FHSAA and all FHSAA rules will be enforced.

Awards:

Each team receives 35x Commemorative Links/Carabiner (key chains) to distribute to their team and staff

Each Carabiner is engraved with:

Side#1: North Florida/South Florida Challenge -2023

Side #2: PV, FPC, Fleming Island, Bartram, MNW, Belen, Columbus



Coaches' Lunch:

BBQ by Smoking Knights sponsored by M-F Athletics



Everything Track & Field

Entries must be entered via <https://www.directathletics.com> no later than 11:59pm, Tuesday, March 5, 2024. A late fee of \$50 will be assessed for re-opening registration.

Entry fee is \$300 per gender or \$450/school (b/g). Includes timing, officials, awards.

Please enclose entry fee with Meet Name.

Make checks payable to:

Flagler Palm Coast High School c/o Track & Field

5500 East Highway 100

Palm Coast, FL 32164

Meet Director: Dave Halliday Phone: (386) 437-7540 x-3132 Cell: (386) 931-2449

Email: hallidayd@flaglerschools.com

Meet Schedule

10:00am Officials Meeting (infield)
10:00am Implement & Vaulter Weight In (Field House Weight Room)
10:30am Coaches Meeting (infield)

11:00am Field Events (Finals Only/4x attempts)

Long Jump Boys/Girls, followed by Triple Jump Boys/Girls

Shot Put Girls followed by Shot Put Boys

Discus Boys followed by Discus Girls

Javelin Girls followed by Javelin Boys

Pole Vault Girls followed by Pole Vault Boys

High Jump Girls followed by High Jump Boys

Wheel Chair Shot to follow Shot Put Competition

10:55am National Anthem

11:00am 4x 800 Relay

11:30am 4x200 Relay (Qualify for Florida Relays)

2:00pm Finals (Heats Against Time/ Fastest Heat Last)

100m/110 Hurdles

100m

1600m

4x100m

400m

400m Hurdles

800m

800m Wheelchair (If needed)

200m

200m Wheelchair (If needed)

3200

4x400

North:

Flagler Palm Coast

Ponte Vedra

Fleming Island

Bartram Trail

Mandarin

Bishop Kenny

Tocoi Creek??

South:

Northwestern

St. Thomas Aquinas

Columbus

Belen Jesuit



Rockledge????

