

# The 2023—19th Annual - East Coast Classic

## Hosted by Flagler Palm Coast High School

Flagler Palm Coast High School invites you to attend the 19th Annual-East Coast Classic on Friday, February 24th. Coach Dave Halliday will serve as meet director.

**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.**

2023 "Classic" events this year will be: **TBA**

Entries for all events will be limited to **4-athletes per event, 2-relay/school**. If you have more than 4x Elite Level Performers please email or text Coach Halliday. **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.halfmiltiming.com](http://live.halfmiltiming.com) by 7pm Thursday. ALL distance athletes whether they are in the SEEDED sections or the CONSOLATION sections will receive official times. The 3200m Consolation will be immediately after the DMR (2pm).

**Field Events: 4x jumps or throws. However, Field Events will have minimum distances. Each athlete is guaranteed 1x jump or throw to be measured. Then three more over the minimum.**

**Minimums will be reasonable and posted after entries are final on Monday night. Opening heights will be decided then as well. An email will be sent out with those standards.**

### Girls' & Boys' Minimums and Starting Heights

	Girls	Boys
HJ	1.32m	1.62m
LJ	4.00m	5.40m
TJ	8.40m	10.70m
PV	2.15m	3.00m
JT	23.00m	33.00m
DT	22.00m	32.00m
SP	8.00m	10.50m

The meet will be timed by Half-Mile Timing using the FinishLynx (F.A.T.) Timing System. This provides an excellent opportunity for your athletes to run legitimate times and be recognized nationally. LIVE RESULTS will be available [live.halfmiltiming.com](http://live.halfmiltiming.com) under the East Coast Classic link. This meet is sanctioned by the FHSAA and all FHSAA rules will be enforced.

### Awards:

Team champion, Runner-up, and Outstanding Individual Performer trophies will be awarded. First, second, and third place scorers will each receive gold, silver, and bronze medallions respectively. Fourth place through eighth will receive ribbons.

**There will NOT be a Coaches Hospitality due to no break in the schedule (since there are no prelims and finals, and now just heats against time)**

This meet is an INVITATIONAL MEET. The head coach must email Coach Dave Halliday to ask for an invitation to this meet. Once received your team will be ADDED on the meet page on <https://www.directathletics.com>. Entries must be entered via <https://www.directathletics.com> no later than 11:59pm, Monday, February 20, 2023. A late fee of \$50 will be assessed for re-opening registration.

Entry fee is \$150/team or \$250/school (b/g). Please enclose entry fee with Meet Name.

**Extra Athletes Option: ADD \$150 = 6x athletes/running; 5/field (field must have PR above minimum)**

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](mailto:hallidayd@flaglerschools.com)

### **Meet Schedule**

**12:45pm** Officials Meeting (infield)  
**1:00pm** Implement & Vaulter Weight In (Field House Weight Room)  
**1:15pm** Coaches Meeting (infield)

#### **2:00pm 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

**1:55pm National Anthem**

**2:00pm 4x 800 Relay**

**2:30pm Consolation 3200m** (Any runner Not top 24) must be registered and have a hip #

#### **3:00pm 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