

Coaches:

We look forward to hosting you and your teams at the 15th Annual East Coast Classic this Friday!

TEAM ARRIVAL: (Buses)

If you are coming west on SR-100 from I-95, turn RIGHT on Bulldog Drive (red light) prior to the main school entrance. If you are coming EAST on SR-100 from US1, turn LEFT on Bulldog Drive (red light) AFTER the main school entrance. Follow Bulldog Drive down until you are directly across from the visitor's side of the stadium, the BIG side gate to the parking lot will be open with people to direct you. **UNLOAD all of your athletes and equipment here and you can enter the stadium through this side gate.** Buses will be directed north along Bulldog Drive and will be able to park in Town Center, either in the grass lot to the right of the road or in available asphalt spaces. Buses can return after 2:30pm if they'd prefer to park closer in any of the parking lots at FPC.

Each of your athletes and coaches will receive a **BIB #** (just like Florida Relays) that will allow them access to come and go from the stadium as needed. **For any athletes or coaches arriving later, YOU, THE HEAD COACH will be responsible for handing them their BIB #'s for entry OR my bookkeeper (who runs the ticket gate) has graciously agreed to hand BIB #'s out to your athletes, IF you write the school name and athlete's name on the BIB #'s.** NO ATHLETE WILL BE ADMITTED WITHOUT HIS OR HER **BIB #**?. NO COACH WILL BE ADMITTED WITHOUT WRISTBAND ON HIS OR HER WRIST. **Teams will have 4 coaching wristbands unless you email me by Wednesday, Feb. 20th.**

ARRIVAL Prior to 2:00pm: Team Vans OR Parents.

Please turn into the MAIN FPC school entrance (past Bulldog Drive). The security guard will direct you to a RESERVED parking lot on the east side of campus adjacent to the stadium. **PLEASE let your parents know that FPC has a NO BACKPACK Policy for the stadium. This is a safety measure instituted by the county this year.**

A few housekeeping reminders

- Please do not allow your athletes to wander around FPC's campus while school is in session prior to 2:15pm, security will pick them up.
- Team tent areas are allowed on the visitor's side stands and the backfield areas. No tents will be allowed on the home side or near the concessions.
- We will have trash bags for your team areas, please use these to help us keep the stadium clean.
- Athletes are not allowed onto the track or the infield once the meet has started unless the clerk has directed them that way for an upcoming event. Please let your athletes know they are not to jump fences.
- The warm-up area is in the backfield.
- The entrance to the track will be at the CLERK at the north end of the track by the 100m start.
- Athletes will be able to walk back down the infield and exit from the CLERK area.
- **Infield Access:** Coaches will be allowed by the PV (no parents); HJ – coaches can help get marks, then may coach from outside the fence; LJ/TJ/SP/DT = all have close access. Coaches may stay in the athlete box by finish line ONLY. Coaches may not wander the infield or be near the track to coach athletes. If unable to follow these directions you will be asked to leave the infield.

We will have hard copies of heat sheets at the coaches' meeting in the middle of the field. We will have heat sheets posted on the board next to the clerk and warm-up area.

In an effort to "go green" all results will be available as LIVE RESULTS: <http://halfmiletiming.com/event/flagler-east-coast-classic/>

In an effort to move the field events along as quickly as possible, we will allow one throw or jump to be measured and then use the following minimums and starting heights. Top-8 marks in prelims move onto finals.

	<u>Girls</u>	<u>Boys</u>
	<u>Minimums</u>	<u>Minimums</u>
Shot Put	7m	10.5m
Discus	20m	30.5m
Long Jump	4.0m	5.0m
Triple Jump	8.0m	10.5m
	<u>Starting Height</u>	<u>Starting Height</u>
High Jump	1.22m	1.52m
Pole Vault	1.68m	2.44m

Any questions please email or call 386-931-2449.

Coach Halliday