

2019 15th Annual - East Coast Classic

Hosted by Flagler Palm Coast High School

Dear Coach: Flagler Palm Coast High School invites you to attend the 15th Annual-East Coast Classic on Friday, February 22nd. Coach Dave Halliday will serve as meet director. The entire track facility was re-installed and surfaced with the BSS-100 (red-polyurethane) Beynon Surface the winter (2014). 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 3,500. The pole vault and high jump systems are UCS pits that exceed high school and college safety standards. Concessions and restroom facilities are available on site. The meet will be team scored.

Entries for ***distance events*** will be limited to 8/event entered via <https://www.directathletics.com> . The meet will be SEEDED, the Top-24 distance entries will run during the finals (after 7pm). **All other distance entries will compete during the prelims. These consolation competitors MUST check in with the clerk and receive a hip #.** Seeded heat sheets will be posted on <http://elitetiming.net/> by 7pm Wednesday. This is slightly different than we have done in the past, however, this way ALL distance athletes whether they are in the FINALS sections or the CONSOLATION sections will receive official times. The 3200m Consolation will be immediately after the 4 x 800m (2pm).

Entries for the FINALS portion of the meet are limited to: **4-athletes per event, B-team relays will also be allowed and scored. This meet will SCORE up to 4-entries per school. FIELD EVENTS: All field event marks should be converted to and registered in METRIC units ONLY.** There will be minimums posted for all field events. Certified officials will be provided.

The meet will be timed by Elite Timing and Event Management 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 in <http://elitetiming.net/> under the East Coast Classic link.

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 be a Coaches & Officials Hospitality at the FPC Cafeteria/Picnic Area provided during the intermission between prelims and finals.

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, Tuesday, February 19th, 2019. A **late fee of \$50** will be assessed for re-opening registration on <https://www.directathletics.com>
Entry fee is \$125/team or \$175/school (b/g). Please enclose entry fee with Meet Name.

Make checks payable to the:

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-1040 Cell: (386) 931-2449 Email: hallidayd@flaglerschools.com This meet is sanctioned by the FHSAA and all FHSAA rules will be enforced.Sincerely, David Halliday Head Track and Field Coach/Meet Director Flagler Palm Coast High School

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 (Prelims and Finals)

- Long Jump Girls, followed by Triple Jump Girls
- Long Jump Boys, followed by Triple Jump Boys
- Shot Put Girls followed by Shot Put Boys
- Discus Boys followed by Discus Girls
- Pole Vault Girls followed by Pole Vault Boys
- High Jump Girls followed by High Jump Boys
- 6:30pm - approx. Wheel Chair Shot

2:00pm 4x800m relay

2:20pm **Consolation 3200m** (Any runner Not top 24) must be registered and have a hip #

Prelims 2:45pm

- 100m/110 Hurdles
- 100m
- **1600m Consolation (Any runner Not top 24) must have a hip #**
- 4x100m
- 400m
- 300m Hurdles
- **800m Consolation (Any runner Not top 24) must have a hip #**
- 200m

6:30pm Officials Break/Intermission

6:55pm National Anthem

7:00pm Finals

- 100m/110 Hurdles
- 100m
- 1600m (Top 24)
- 4x100m
- 400m
- 300m Hurdles
- 800m (Top 24)
- 800m Wheelchair (If needed)
- 200m
- 200m Wheelchair (If needed)
- 3200
- 4x400 (Fastest Last)