

2019- Flagler Pinnacle Pre-Season Classic

Hosted by Flagler Palm Coast High School

Dear Coach:

Flagler Palm Coast High School invites you to open your season at the Flagler Pinnacle Pre-Season Classic on Friday, February 8th. Dave Halliday will serve as meet director. The entire track facility was re-installed and surfaced with the BSS-100 (red-polyurethane) Beynon Surface in (Jan. 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 5,500. The pole vault and high jump systems are NEW First Place pits (Spring 2017) that exceed high school and college safety standards. Concessions and restroom facilities are available on site.

The meet will **NOT** be team scored.

Entries for the meet are limited to: 6-athletes per event, 2-relay/school. There will be a FEW changes to the usual event schedule: **ADDING:** 300m, 600m, and 1200m races and **REMOVING** the 4x800 relay, the 400m, and the 3200m run. This provides an exciting opportunity for your athletes to kick off the regular season.

The meet will be timed by Half-Mile Timing & Data using the FinishLynx (F.A.T.) Timing System. This provides an excellent opportunity for your athletes to run legitimate times and be recognized nationally. Certified officials will be provided.

Awards: 1st through 8th placers will receive medals. There will be NO team scores or team awards.

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 4, 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

Date: Friday February 9th, 2018

Place: Sal Campanella Stadium/FPC Track, Palm Coast, Florida

Time: 2:45pm Coaches Meeting at the finish line

Field Events:

3x jumps or throws. However, Field Events will have minimum distances. Each athlete is guaranteed 1x jump or throw to be measured. then two 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.

2:00pm Field Events:

Discus Throw Finals B (Girls to follow); G Shot Put Finals G (Boys to follow); Long Jump Finals G & B (Triple Jump Finals to follow) G & B; Pole Vault Finals G (Boys to follow); High Jump Finals G (Boys to follow)

4:00pm Running Finals:

600 Meter Run; 100 Meter High Hurdles/110 Meter Hurdles; 100 Meter Dash; 1600 Meter Run; 4x100 Meter Relay; 300 Meter Run; 300 Hurdles; 800 Meter Run; 200 Meter Dash; 1200 Meter Run; 4x400 Meter Run