

Volusia Flagler: Freshmen/Sophomore

Hosted by Flagler Palm Coast High School

Where: Flagler Palm Coast High School Meet Information

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, March 4, 2019. A late fee of \$50 will be assessed for re-opening registration on <https://www.directathletics.com>

Unlimited entries in all events, 1-relay per team

Awards:

- **Individuals:** Ribbons 1st - 8th Places
- **Team:** Trophy to Team Champions

Entry fee: \$125/school (Make checks payable to: Flagler Palm Coast HS c/o Track & Field)

Field Events: all schools must run one field event (see schedule below) Wednesday, March 6th

Meet Schedule

Coaches Meeting 3:30pm

Field Events 3:45pm

Long Jump/Triple Jump: (boys = far pit)-Seabreeze HS/Deltona HS
Long Jump/Triple Jump:(girls = close pit) --Mainland HS/Atlantic HS
Pole Vault: (girls 1st, boys to follow)--Deland HS
Shot Put: (girls 1st, boys to follow)--University
Discus:(boys 1st,girls to follow)--NSB/Pine Ridge
High Jump: (girls 1st, boys to follow)--Father Lopez

Finals (heats against time; fast heat 1st, except 4x400) (Rolling Time Schedule)

- 4 x 800-Final 3:45pm
- 100/110HH 4:00pm
- 100m
- 1600m
- 4 x 100
- 400m
- 300IH
- 800m
- 200m
- 3200m
- 4 x 400