

Fr./Soph. 5-Star Conf. Meet Schedule

@ Flagler Palm Coast

Coaches' Meeting (*no adds*)

12:30pm

Field Events

1:00pm

[Finals Only = 4 jumps/throws each time]

→ **Long Jump**--- (boys = far pit)—Seabreeze HS

→ **Long Jump**----(girls = close pit)---Mainland HS

→ **Pole Vault** (girls 1st, boys to follow)---Deland HS

→ **Shot Put** (girls 1st, boys to follow)--- Atlantic HS

→ **Discus** (boys 1st, girls to follow)--- Spruce Creek HS

→ **Triple Jump** (following the long jump: boys = far pit)---NSB

→ **Triple Jump** (following the long jump: girls = close pit)-Deltona

→ **High Jump** (girls 1st, boys to follow) ----Pine Ridge

3:00pm

National Anthem

3:25pm

Finals (heats against time...fast heat 1st, except relays)
(Rolling Time Schedule)

4 x 800-Final

1:00pm

100/110HH

3:30pm

100m

1600m

4 x 100

400m

300IH

800m (sections of 8, fast heat last)

200m

3200m

4 x 400

Entries:

- Entry Fee = \$25/school (*make payable to: Flagler Track Booster Club*)
- Awards = Ribbons (1st – 8th place), 1st Place Team Trophies
- Unlimited # of entries per school, per event; (1 relay only)
- Heats against time...fast heat 1st, except relays = fast heat last
- Entries are to be completed online via www.directathletics.com
- Entries are due (and can be changed up to) Monday, April 3rd @ 12:00pm
- NO LATE entries will be allowed!
- Heat Sheets will be posted on www.halfmiletiming.com by 7:00pm 4/3/05
- Entries *should be based* on actual F.A.T. times; if there are no F.A.T. times, then round hand times up 1/10th of a second and add .24 seconds