



# The 2006 East Coast Classic



## Hosted by Flagler Palm Coast High School

Dear Coach:

Flagler Palm Coast High School invites you to attend the 2<sup>nd</sup> Annual *East Coast Classic* on Friday, March 3<sup>rd</sup>. Coach Dave Halliday will serve as meet director. We are pleased to welcome State Champion Coach, Gretchen Meyer, who will serve as the Assistant Meet Director. This synthetic track is one of the fastest and finest high school facilities in the state as it is surrounded by a stadium that seats 3,500. The field event facilities have been upgraded to include a new discus cage and both the pole vault and high jump systems are new 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 are limited to 4 athletes per (field and sprint event) and 6 athletes per (distance races) per school.

The meet will be timed by *Half-Mile Timing and 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. Officials will be provided.

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 Hospitality Room provided.

The entry list and time schedule are on the following page. Entries must be entered via [www.directathletics.com](http://www.directathletics.com) no later than 8:00pm, Monday, February 27, 2006. Heat Sheets will be posted on [www.halfmiletiming.com](http://www.halfmiletiming.com) by Wednesday, March 1<sup>st</sup>. Attached are the directions for entering via Direct Athletics. **DO NOT** mail, email, or fax entries. A *late fee* of \$25 will be assessed for re-opening registration on [www.directathletics.com](http://www.directathletics.com)

Entry fee is \$50/team or \$75/school (b/g). *Please enclose entry fee with Meet Name.*

**Make checks payable to the:** *Flagler Track Booster Club*

Head Boys' Coach: Dave Halliday

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Head Girls' Coach: Gretchen Meyer

Phone: (386) 437-7540 x-2217

Cell: (808) 779-1103

Email: [wahinecoach@yahoo.com](mailto:wahinecoach@yahoo.com) or [meyerg@flagler.k12.fl.us](mailto:meyerg@flagler.k12.fl.us)

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

**Coaches' Meeting** 1:30pm

**Field Events** 2:00pm

[Prelims & Finals = 3 jumps/throws each time]

→ Long Jump (boys = far pit & girls = close pit)

→ Pole Vault (girls 1<sup>st</sup>, boys to follow)

→ Shot Put (girls 1<sup>st</sup>, boys to follow)

→ Discus (boys 1<sup>st</sup>, girls to follow)

→ Triple Jump (following the long jump: boys = far pit & girls = close pit)

→ High Jump (girls 1<sup>st</sup>, boys to follow) 5:00pm

**4 x 800-Final** 2:15pm

**Consolation Races** 2:45pm

3200m (b/g combined), 800m, and 1600m (all = hand timed)

**Prelims** 3:30pm

100/110HH

100m

4 x 100

400m

300IH

200m

**Officials' Break** 6:30pm

**National Anthem** 6:55pm

**Finals** (Rolling Time Schedule) 7:00pm

100/110HH

100m

1600m (Top-18)

4 x 100

400m

300IH

800m (Top-18 = 2-sections of 9, fast heat last)

200m

3200m (Top-24)

4 x 400 (fast heat last, "B" teams = o.k.)