

**First Coast Conference Championships Track and Field Meet**  
**Hosted by The Bolles School**

Wednesday, March 28<sup>th</sup>

For those of you who had this on your calendars for Friday, March 30<sup>th</sup>, I apologize for the change of date. There is another track meet at Bolles that Friday that conflicts with us, so we had to change the date of the meet. The teams in our conference are Bolles, Episcopal, Bishop Kenny, Fernandina Beach, and West Nassau. Championship rules will be in effect, meaning that no jewelry is allowed, athletes shorts may not be rolled up and if an athlete misses an event that they are registered for, then they are disqualified from the entire rest of the meet, including relays.

This meet will use a Fully Automatic Timing (FAT) system for the seeded races. All entries must be submitted on Direct Athletics by Monday, March 26<sup>th</sup>. The seeded races and field events will only allow for 6 entries per event. There will be one relay team allowed per school. There will also be "B Races" earlier in the day for those athletes not entered in the seeded races. The "B Races" will be hand timed and allow for unlimited entries.

Field events and the 4X800 begin at 3:00. "B Races" will begin at 4:00. Running finals begin at 5:30 PM. I would guess that this meet should be over around 8:30, but that is just a guess.

All field events begin at 3:00 PM.

The 4X800m Relay 3:00 PM.

"B Races" begin at 4:00 and will be in the following order: 100m, 1600m, 400m, 800m.

Seeded races will begin at 5:30 PM and will be in the following order (girls then boys):  
100/110m High Hurdles, 100m, 1600m, 4X100m, 400m, 300m Hurdles, 800m  
200m, 3200m, 4X400m