

**2007 District 3A Track Meet**  
*Host: Navarre High School*  
*Meet @ Gulf Breeze High School*  
*Date: April 17, 2007*

**Track Information:**

1. Restrooms are located behind the home bleachers. Concession stand is located at the south end of the track.
2. The Clerk of the Course is located at mid-field.
3. All FHSAA rules will be followed.
4. No radios, tape players or glass containers are allowed.
5. No spectators are allowed inside the track area and competition areas.
6. Admission \$5.00
7. Scoring: Individuals and Relays 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1
8. All entries for events must be posted by 4/12 at 5pm. Registration is online.

**Order of Events:**

9am	Coaches Meeting- Scratches only (Inside the field house)
10am	4 x 800 Relay Finals (Girls/Boys)
10am	Boys/ Girls Long Jump (Prelims and Finals) Girls Discus (Prelims and Finals) Boys Shot Put (Prelims and Finals) Boys High Jump (Finals) Girls Pole Vault (Finals)
12pm	Boys/ Girls Triple Jump (Prelims and Finals) Boys Discus (Prelims and Finals) Girls Shot Put (Prelims and Finals) Girls High Jump (Finals) Boys Pole Vault (Finals)
1pm	Prelims Girls/ Boys 100/110 M Hurdles Girls/ Boys 100M Dash Girls/ Boys 400M Run Girls/ Boys 300M Hurdles Girls/ Boys 200M Dash
3pm	Finals Girls/ Boys 100/110M Hurdles Girls/ Boys 100M Dash Girls/ Boys 1600M Run Girls/ Boys 4 x 100M Relay Girls/ Boys 400M Dash Girls/ Boys 300M Hurdles Girls/ Boys 800M Run Girls/ Boys 200M Dash Girls/ Boys 3200M Run Girls/ Boys 4 x 400M Relay
6pm	Awards Presentations

***Rules and Reminders:***

1. The maximum number of contestants which a school may enter is limited to four (4) in each individual event and one (1) team in each relay event.
2. The three (3) efforts of each contestant will be recorded in the shot put, discus, triple jump and long jump. The eight (8) contestants with the best performances in the prelims will advance to the finals where they will compete in one flight and receive three (3) more attempts.
3. Pole vault competitors will be weighed at the beginning of the event to confirm the proper calibration of their vaulting poles.
4. **No jewelry** except watches will be permitted.
5. All relays teams must adhere to FHSAA guidelines for proper uniforms.
6. The use of electronic devices including cell phones and iPods are not permitted in the competition areas.
7. Failure to adhere to the FHSAA rules of competition will result in disqualification of an athlete or relay team.

***Registration:***

1. Teams must register their athletes and sign up for events using [www.coacho.com](http://www.coacho.com). All entries must be received by the date posted. ***No changes can take place after this time. Athletes can not under any circumstances run under another competitors name in this meet.*** The coaches meeting will serve as a scratch meeting only. If an athlete is scratched in an event on the day of the meet, then they are scratched for the entire district meet.