

**REGION 1-3A TRACK & FIELD CHAMPIONSHIPS**  
**HOSTED by CHILES HIGH SCHOOL**  
**TALLAHASSEE, FLORIDA**  
**APRIL 30, 2009**

Meet Location	Lawton Chiles High School 7200 Lawton Chiles Lane Tallahassee, Florida 32312
Facility	The track is eight (8) lanes with a synthetic surface, as are the high jump, pole vault, long and triple jump areas. The shot put and discus areas are brushed concrete.
Packet Pickup	Packets can be picked up at the track on at 10:30 am on April 24.
Coaches Meeting	Will be held in the bleachers in front of the press box beginning at 11:00 am.
Rules	The rules for the FHSAA will be followed in all cases. No athlete can enter more than four (4) events, only three (3) of which may be running.
Coaches' Hospitality	Complimentary lunch will be provided for coaches as well as officials.
Awards:	Trophies- will be awarded to the team champion in both boys and girls divisions. Ribbons- will be awarded to the eight (8) placing individuals and relay teams.
Schedule of Events:	The meet schedule is on the reverse side.
Meet Director	Scott Gowan Head Track & Field Coach Chiles High School (850) 488-1756 x-262      School (850) 413-6890              Fax (850) 545-4605              Cell
Meet Referee	
Field Event Referee	
Running Referee	
Head Starter	
Backup Starter	
Meet Timer	Half-Mile Timing
Jury of Appeals	
Jury of Appeals (Alternates)	
Field Event Officials	
G&B Shot Put	
G&B Discus	
Boys Long Jump	
Girls Long Jump	
G&B High Jump	
Boys Triple Jump	
Girls Triple Jump	
G&B Pole Vault	
G&B Pole Vault	
Weigh-Ins (Implements)	
Weigh-Ins (Pole Vaulters)	

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**FIELD EVENTS**

1:00 pm	Girls Shot Put	1:00 pm	Boys Discus
1:00 pm	Girls Long Jump	1:00 pm	Boys Long Jump
3:00 pm	Girls Discus	3:00 pm	Boys Shot Put
3:00 pm	Girls Triple Jump	3:00 pm	Boys Triple Jump
3:00 pm	Girls Pole Vault		
5:00 pm	Girls High Jump	5:00 pm	Boys Pole Vault
		7:00 pm	Boys High Jump

**TRACK EVENT PRELIMS**

4:00 pm	Girls 100 Meter High Hurdles
	Boys 110 Meter High Hurdles
	Girls 100 Meters
	Boys 100 Meters
	Girls 400 Meters
	Boys 400 Meters
	Girls 4x100 Meter Relay
	Boys 4x100 Meter Relay
	Girls 300M Low Hurdles
	Boys 300M Intermediate Hurdles
	Girls 200 Meters
	Boys 200 Meters

**TRACK EVENT FINALS**

1:00 pm	Girls 4x800 Relay	(Two Sections)
1:30	Boys 4x800 Relay	(Two Sections)
7:00 pm	Girls 100 Meter High Hurdles	
7:05	Boys 110 Meter High Hurdles	
7:10	Girls 100 Meters	
7:15	Boys 100 Meters	
7:20	Girls 1600 Meters	
7:30	Boys 1600 Meters	
7:40	Girls 4x100 Meter Relay	
7:45	Boys 4x100 Meter Relay	
7:50	Girls 400 Meters	
7:55	Boys 400 Meters	
8:00	Girls 300 Meter Low Hurdles	
8:05	Boys 300 Meter Intermediate Hurdles	
8:10	Girls 800 Meters	(Two Sections)
8:20	Boys 800 Meters	(Two Sections)
8:30	Girls 200 Meters	
8:35	Boys 200 Meters	
8:40	Girls 3200 Meters	
8:55	Boys 3200 Meters	
9:10	Girls 4x400 Meter Relay	(Two Sections)
9:20	Boys 4x400 Meter Relay	(Two Sections)
9:30	Awards Ceremony	