

2015

Hammock Hardware's East Coast Classic 11th Annual



Hosted by
Flagler Palm Coast High School

Dear Coach:

Flagler Palm Coast High School invites you to attend the 11th Annual—Hammock Hardware's—East Coast Classic on Friday, February 21st. FPC will serve as the host for the 4A-Region-1 Meet in 2015. Coach Dave Halliday will serve as meet director. The entire track facility was re-installed and surfaced with the BSS-200 (red-polyurethane) Beynon Surface this winter (2013). This makes it one of the fastest and finest high school facilities in the state, not to mention the concrete stadium with seating for over 3,500. The pole vault and high jump systems are UCS pits that exceed high school and college safety standards. Concessions and restroom facilities are available on site. The meet will be team scored. We will offer OPEN/Consolation events that *will NOT be scored earlier in the day. Entries for these events will be unlimited and show up at the start line.* Distance runners not seeded in the top-20 will run here.

Entries for the FINALS portion of the meet are limited to: 4-athletes per event, B-team relays will also be allowed and scored. **In addition: we will have the 4x200 relay (see revised time schedule).** This provides an extra exciting opportunity for your athletes as your team kicks off the regular season. *Unlimited entries in the OPEN/Consolation races earlier on Friday. Also, we offer the current FHSAA adapted divisions available if there is interest. These include the wheelchair 200m & 800m, and shot put.

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. Certified 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' & Officials' Hospitality Room/tent provided during the intermission between prelims and finals.

The entry list and time schedule are on the following page. Entries must be entered via www.flrunners.com *no later than 11:59pm, Tuesday, February 18, 2014.* Heat Sheets will be posted on www.halfmiletiming.com by Wednesday, February 19th. A late fee of \$25 will be assessed for re-opening registration on www.flrunners.com

Entry fee is \$75/team or \$125/school (b/g). *Please enclose entry fee with Meet Name.*

Make checks payable to the:

Flagler Palm Coast High School—c/o Track & Field
5500 East Highway 100
Palm Coast, FL 32164

Meet Director: Dave Halliday
Phone: (386) 437-7540 x-7103
Cell: (386) 931-2449
Email: hallidayd@flaglerschools.com or davetrackgator@hotmail.com



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