

2015

Flagler Pinnacle Classic (F.P.C.)

Hosted by
Flagler Palm Coast High School

Dear Coach:

Flagler Palm Coast High School invites you to open your season at the *Flagler Pinnacle Classic* on Monday, February 16th. (*Presidents' Day*). 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 in (Jan. 2014). 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.

Entries for the FINALS portion of the meet are limited to: 4-athletes per event, 2—relays/school. There will be a FEW changes to the usual event schedule: **ADDING:** 300m, 600m, and 1200m races...and **REMOVING** the 4x800 relay and the 3200m run. This provides an exciting opportunity for your athletes to kick off the regular season. *

The meet will be timed by *Half-Mile Timing & 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 and Runner-up 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.

The entry list and time schedule are on the following page. Entries must be entered via www.flrunners.com no later than 11:59pm, Friday, February 13, 2015. Heat Sheets will be posted on www.halfmiletiming.com by Sunday, February 15th. A late fee of \$50 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 davetrackeator@gmail.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



Date: Monday, February 16, 2015

Place: Sal Campanella Stadium/FPC Track, Palm Coast, Florida

Time:

8:45 a.m. Coaches Meeting at the finish line

9 a.m. Discus Throw Finals B (Girls to follow) G

Shot Put Finals G (Boys to follow) B

Long Jump Finals G & B

(Triple Jump Finals to follow) G & B

Pole Vault Finals G (Boys to follow) B

High Jump Finals B (Girls to follow) G

1600 Meter Run for "Fall In" Runners (unlimited, unscored)

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11 a.m. Running Finals

600 Meter Run

100 Meter High Hurdles/110 Meter Hurdles

100 Meter Dash

1600 Meter Run (3 entries)

4x100 Meter Relay

300 Meter Run

400 Meter Run

300 Meter Intermediate Hurdles

800 Meter Run

200 Meter Dash

1200 Meter Run

Frosh/Soph 1600 Meter Run (3 entries)

4x400 Meter Run