



2015 FHSAA 1A District 4 Championship Meet Information Providence School, April 8, 2015

Meet Director: Julie Stackhouse

Timing Company: Half Mile Timing (www.halfmiletiming.com)

Jury of Appeals: Darryl Herren (Duval Charter), Traci Livingston (St. Johns Country Day), Steve Delisle (First Coach Christian), Ron Pompeo (Providence), Lonnie Marts (Harvest Community), Sue Hill, alternate (Florida School of the Deaf & Blind)

Participating Schools: Christ Church, Duval Charter, First Coach Christian, Florida School of Deaf & Blind, Harvest Community, Hilliard, Providence, St. Johns Country Day, St. Joseph Academy, Temple, University Christian

Meet Schedule:

9:00am – Coaches Meeting (infield)

9:45am – Blessing of the track (Nathan Zink) and national anthem

10:00am – 4x800m – Girls followed by boys.

Field Events: Boys high jump followed by girls; Girls pole vault followed by boys; Girls long jump (east pit) followed by boys (west pit); Boys triple jump (west pit) followed by girls (east pit); Girls shot put followed by boys; Boys discus followed by girls.

11:00am – Running Prelims (100/110h, 100m, 400m, 300h, 200m); Girls then boys.

1:00pm – Running Finals (rolling schedule) – 100/110h, 100m, 1600m, 4x100m, 400m, 300h, 800m, 200m, 3200m, 4x400m. Girls then boys.

Event Officials (head official listed first, assistant second, volunteers third):

Clerks of Course: Dana Stallings (FHSAA certified); Madeleine Hamel

Starter: Charlie Hunt

Announcer: Trib La Prade

Sports Medicine: Mary Kate Strassel (Five Star) 904-687-4810, fivestarATC@gmail.com

Shot Put – Joe Creamons; Florida School of the Deaf & Blind Coach; Josh Whalen

Discus – Mike Brown; First Coast Christian Coach

High Jump – Jordan Walker; Christ Church Coach; Gigi Bistrow

Long Jump – Brian Chappell; Hilliard Coach; Emily Stallings

Triple Jump – Ron Pompeo; Harvest Community Coach; David Farraday

Pole Vault – Ken Taylor; St. John's Country Day Coach; Christina King

Hurdle Crew – Cami Jackson; all middle school athletes and varsity not competing

4x100m zone exchanges: 1. Jordan Walker 2. Brian Chappell 3. Cami Jackson

Bell/lap counter/splits: Jeannie Jackson

Entry Fee: There will be no entry fees per team to participate in this meet.

Entry Marks: The state entry lists (rosters) are due **March 30, 2015** into the C2C website. Please also send a copy of the entry lists to Ron Pompeo (see info below). All entries are due **Monday, April 6 prior to 6:00pm** to FLrunners for seeding purposes. Contact: Ron Pompeo, rpompeo@prov.org, school: 904-223-5270, fax: 904-223-3028.

Gate Admission: \$6 (per FHSAA). There is no designated amount of team passes for this meet.

Infield access: Infield access will be for athletes participating in an event at the time ONLY. No spectators or coaches (except those running an event as outlined above) allowed in the infield/competition area at any time. No exceptions.

Warm-ups: Athletes should conduct warm-ups in the adjacent football practice field (former game field). Upon checking in to the clerk's tent they will be marshaled to the start of their event(s).

Check-in: All athletes should plan to check in for their event, 30 minutes prior to the start of a field event (at the field event site) and 1 hour prior to running events (at the clerk's tent).

Sports Medicine: A sports medicine tent will be set up in the middle of the infield. Ice, stretching, massage, Ibuprofen, etc. will be provided by Five Star Sports Medicine as well as a cooler of drinking water.

Coaches Hospitality: A coaches' hospitality tent will be located outside the competition area, near the concessions tent. Coordinator: Lynn Vermilya

Awards: Ribbons will be awarded to the top 4 places in each event. Team awards (Champion & Runners-Up) will be presented at the conclusion of the meet.

Parking: School will be in session so parking will be in the outer church and school lots where available. Buses should park in the church parking lot and north end of the student parking lot.

Team Camp Area: Roped off section of the warm-up field, nearest to the track. Please keep all team tents in this area, only. The rest of the field will be utilized for warm-ups.

Concessions: A concession stand will be located in a tent outside the track competition area. A variety of snack and drink items will be available for purchase.

Stands: Temporary bleachers will be brought in for this meet for parents and fans in attendance. We ask that the teams please refrain from camping out here as seating will be limited. No parents or non-competing athletes allowed in the competition area at any time, thank you.