

Entries due on flrunners.com by Tuesday, April 14, 2015 at 3:59 p.m.

**Each athlete must complete [this two page waiver](http://runnergirl.com/manatee/2015track_imgwaiver.pdf) and have it signed by a parent. Coaches please print copies for your team and turn in all waivers when you arrive at the meet. These waivers are required by IMG for every student-athlete. Link to waiver: [http://runnergirl.com/manatee/2015track\\_imgwaiver.pdf](http://runnergirl.com/manatee/2015track_imgwaiver.pdf)**

Schedule:

10:30 a.m. - coaches meeting

11:00 a.m. - 4x800m relay & field events

2:00 p.m. - prelims

Finals will begin 30 minutes after completion of prelims.

Field event assignments:

-Girls & boys pole vault: Riverview

-Girls & boys high jump: North Port

-Girls long jump: St. Pete

-Boys long jump: Countryside

-Girls triple jump: St. Pete

-Boys triple jump: Countryside

-Girls shot put: Pinellas Park

-Boys shot put: Palm Harbor

-Girls discus: Seminole

-Boys discus: East Lake

4A District 8 will be hosted by Manatee High School at IMG Academy (5691 Bollettieri Blvd, Bradenton, FL 34210) on Thursday, April 16, 2015 on their 8-lane Rekortan Track. The facility has capacity to run the 100-meter, 200-meters, 100m Hurdles and 110m Hurdles and 300m Hurdles on either straight to take advantage of wind conditions. The facility has dual bi-directional pole vault (only one landing mat) and horizontal jump runways. The dedicated throwing area is adjacent to the northeast corner of the stadium.

Infield Access: No coaches or athletes will be allowed on the infield of the track. Access to the infield will be granted to working officials. The exception is that coaches will be allowed on the South D-Zone for the pole vault only.

Team Area: All teams are encouraged to bring team tents and set them up in the designated area behind west bleachers inside the stadium.

Warm-up Area: The designated warm-up area is on the grass soccer field #2 to the south of the stadium. Access to this field is out the south gate under the Jumbotron.

Athlete Event Check-In (Running Events): Entry to the Clerk of Course Tent is through the same gate to the stadium. Athletes in running events will be marshaled at the tent and escorted to the starting line of each race. The exact placement of the clerk's tent will be subject to change based on the direction of the wind.

All athletes enter track from the south gate and exit the gate adjacent to the finish line. Athletes must check in with the clerk at first call. The FHSAA Uniform rule will be in effect. Print your relay cards in advance for 4x800, 4x100, and 4x400. These cards must be completely filled out prior to check in at the clerk's tent.

**\*\*\*ONLY 1/4" PYRAMID SPIKES WILL BE ALLOWED ON TRACK. NO EXCEPTIONS.**

Athlete Event Check-In (Jumping and Throwing Events): Athletes in jumping events will report through the designated entrance 40 minutes prior to the start of the event and will be allowed supervised warm up approaches and jumps. Only Jumpers in the first flight will be allowed on the runway 15 minutes prior to pit closer. The pits will be closed 5 minutes before the scheduled start of the competition. Subsequent flights will be allowed one warm up approach. Athletes in throwing events will report to the competition ring in the dedicated throwing area outside the northeast corner of the stadium and will be allowed supervised warm up throws. Only athletes in the first flight will be allowed warm up throws 15 minutes before ring closure. The rings will close 5 minutes prior to the scheduled start of the event. Athletes in subsequent flights will be allowed one warm up throw before competition restarts.

Throwing Implement Certification: Shot and Discus must be certified before they are used even for the warm up. This will be done on the concrete drill pad between the shot put rings and discus circle. The marshal will be stationed under the tent.

Coach and Athlete Seating: Coaches and Athletes designated seating area is in the eastside stadium seats (Subject to change based on wind direction). Coaches and spectators will be allowed to watch the horizontal jumps from the walk way adjacent to the competition area. Coaches will be allowed on the D-Zone for the pole vault. Coaches and Spectators will be allowed to watch the throwing events outside the fence adjacent to the shot and discus rings.

Restrooms: located on the east side at the North and South ends of the stadium.

Concessions: located on the east side of the stadium under the stands in the central atrium.

PLEASE CLEAN UP YOUR TEAM AREA AT COMPLETION OF COMPETITION. TRASH CANS PROVIDED.

Awards:

- Trophies to 1st & 2nd place teams
- Ribbons to top 8 individuals in each event
- Top 4 in each event advance to 4A Region 2

Admission for spectators: \$6

Parking: FREE

4A District 8:

Countryside (Clearwater)

East Lake (Tarpon Springs)

Manatee (Bradenton)

North Port

Palm Harbor University

Pinellas Park (Largo)

Riverview (Sarasota)

Seminole (Seminole)

St. Petersburg

Meet expenses will be shared by all schools and billed after the meet.

2015 FHSAA Track & Field District Info: <http://www.fhsaa.org/sports/track-field/district-sites>

FHSAA Track & Field FAQ (uniform rules, etc.): <http://www.fhsaa.org/sports/track-field/faq>