

Meet Information

2016

12th Annual Hammock Hardware's East Coast Classic

Hosted by Flagler Palm Coast High School

Dear Coach:

Flagler Palm Coast High School invites you to attend the 12th Annual—Hammock Hardware's—East Coast Classic on Friday, February 26th. 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 the 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 Consolation distance race sections earlier in the day. Entries for distance events will be limited to 10/event entered via www.flrunners.com. The meet will be SEEDED, the Top-24 distance entries will run during the finals (after 7pm). All other distance entries will compete during the prelims. These consolation competitors must check in with the clerk and receive a hip #. This is slightly different than we have done in the past, however, this way ALL distance athletes whether they are in the FINALS sections or the CONSOLATION sections will receive official times. There will NO longer be any "show up at the start line distance races". The 3200m Consolation will be immediately after the DMR (2pm).

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 are substituting the DMR in place of the 4x800 and we will NOT 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. 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 23, 2016. Heat Sheets will be posted on www.halfmiletiming.com as soon as all the changes stop coming in.

A late fee of \$50 will be assessed for re-opening registration on www.flrunners.com

Entry fee is \$100/team or \$150/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.

TIME SCHEDULE

12:45pm Officials Meeting
1:00pm Implement & Vaulter Weight In
1:15pm Coaches Meeting

Field

2:00pm Long Jump B/G
Shot Put G
Discus B
Pole Vault G
4:00pm Pole Vault B
Shot Put B
Discus G
Triple Jump B/G
5:00pm High Jump G
6:00pm High Jump B
Wheel Chair Shot

Running

2:00pm DMR
2:30pm Consolation 3200 (Combined Boys & Girls not in top 24)

Prelims

3:00pm 100m/110 Hurdles
100m
1600m Consolation (Not top 24)
400m
300m Hurdles
4x100m
800m Consolation (Not top 24)
200m

6:30pm Officials Break
6:55pm National Anthem

Finals

7:00pm 100m/110 Hurdles
100m
1600m (Top 24)
400m
300m Hurdles
4x100m
800m (Top 24) 2 heats of 12
800m Wheelchair (If needed)
200m
200m Wheelchair (If needed)
3200
4x400 (Fastest Last)