

Meet Information

Volusia—Flagler: Freshmen/Sophomore

Where: Flagler Palm Coast High School

Meet Information

• Registration Link: fl.milesplit.com/meets/229272/info#.Vtb8mnQrK1t

- Registration closes Monday, March 7th @ 11:59pm
- Unlimited entries in all event, 1-relay per team
- Medals: 1st – 3rd place; Ribbons 4th - 8th Place
- Trophy to Team Champs
- Entry fee: \$100/school (Make checks payable to: Flagler Palm Coast HS—c/o Track & Field)
- Field Events: all schools must run one field event (see schedule below)

Wednesday, March 9th

Meet Schedule

Coaches' Meeting 2:45pm

Field Events 3:00pm

[Finals Only = 3 jumps/throws each time]

→Long Jump: (boys = far pit) —Seabreeze HS

→Long Jump:(girls = close pit) --Mainland HS

→Pole Vault: (girls 1st, boys to follow)--Deland HS/Creek

→Shot Put: (girls 1st, boys to follow)--FPC/Atlantic HS

→Discus:(boys 1st,girls to follow)--Spruce Creek/Father Lopez

→Triple Jump: (following the LJ: boys =far pit)--NSB

→Triple Jump: (following the LJ:girls=close pit)--Deltona

→High Jump: (girls 1st, boys to follow)--PineRidge/University

Finals (heats against time...fast heat 1st, except 4x400)

(Rolling Time Schedule)

4 x 800-Final 3:00pm

100/110HH 4:00pm

100m

1600m

4 x 100

400m

300IH

800m

200m

3200m

4 x 400