

Prior to the District Meet Information

Coaches:

PLEASE Read carefully.

The FHSAA has required an EARLIER online registration date: Saturday, April 9th, 11:59pm.

Other Important Notes:

- Each school in both districts will bring a check for \$110—payable to Flagler Palm Coast High school c/o—Track, for their split of the timing, data, and management fee for the district meet. We will have the big finish line results boards like the East Coast Classic, region and state meets!
- Each school is required to assist with *one field event*. We will have FHSAA Officials at each field event to supervise and record results. The school representative will assist in measuring etc. for the opposite district therefore avoiding any conflict of interest in their own district results. This also allows coaches to coach while their athletes are competing. We have pre-assigned these events. (See Attachment)
- Also, PLEASE note that only VERIFIED performances in the www.flrunners.com database will be accepted. All performances not verified will be entered as No Mark or No Time.
- Reminder each athlete shall have competed in 4x regular season meets (FHSAA Policy) prior to the District Meet.
- **10.3 Individual Participation**
 - **10.3.1 Minimum 4 Contest Requirement.** To be eligible for participation in the Florida High School State Championship Series in a sport, an individual student-athlete shall participate in a minimum of four (4) interscholastic contests in that sport for the current season, unless a written request for a waiver is approved by the Executive Director or his/her designee. A student-athlete who is academically ineligible at the beginning of a sports season and who regains his/her eligibility during that sports season, but is unable to participate in the minimum of four (4) interscholastic contests in that sport, shall be exempted from this provision
- FHSAA Uniform Policy will be enforced:
 - **4-3-1 UNIFORMS:** Competitors may wear a one-piece (singlet) or two-piece track & field uniform issued by the school. A male competitor must wear his jersey inside his shorts at all times. A female competitor must wear her jersey inside her shorts at all times, unless her jersey is designed to be worn outside the shorts. Jerseys designed to be worn outside the shorts must hang below the waistband of the shorts when standing erect. Competitors in violation of this rule will not be permitted to compete. The enforcement of this rule is the responsibility of the starter or event judge, but the ultimate responsibility for wearing the proper uniform rests with the team coach. Each contestant must have a permanently affixed number on the back of his/her jersey with numerals of color that contrast with the color of the jersey and is not less than three-quarters (3/4) inch wide. The number must be at least six inches high. Contestants on the same team may not wear identical numbers. However, athletes from the same school participating in the same event must wear identical uniforms. Headbands which are no more than two (2) inches wide and made of non-abrasive, unadorned cloth, elastic, fiber, soft leather, or rubber are permissible. Hair-restraining devices no more than two (2) inches made of soft material are legal. Decorative headwear is prohibited. A single color ribbon or similar items used to control the hair are legal as long as it is securely affixed to the hair and is not of an excessive length and size. Commercial advertising, with the exception of the manufacturer's logo, is prohibited on all athletic uniforms. All jewelry, with the exception of wristwatches, is prohibited.
 - **4-3-3(c)** All jewelry, with the exception of wristwatches, is prohibited. Watches which can be used as Global Positioning Systems are prohibited

Any questions please email or call 386-931-2449.

Coach Halliday