

**2018 FHSA TRACK & FIELD REGION 3-4A
CHAMPIONSHIPS**

**Hosted by Park Vista Community High School at Park Vista HS in Lake Worth, FL
Thursday, April 26th 2018**

Pole Vault Weigh-In & Implement Inspection will take place at the event site beginning 45 minutes before each competition.

7:30 AM—Coaches Meeting (optional)

RUNNING EVENTS

8:30 AM—3200m Final*

11:30 AM—4x800m Relay Final*

12:30 AM—100m Hurdles Prelim

12:45 AM—110m Hurdles Prelim

1:00 PM—100m Dash Prelim

1:15 PM—4x100m Relay Prelim

1:25 PM—400m Dash Prelim

1:40 PM—300m Hurdles Prelim

1:55 PM—200m Dash Prelim

2:05 PM—800m Run Final*

****4:45 PM—100m Hurdles Final**

—110m Hurdles Final

—100m Dash Final

—4x100m Relay Final

—400m Dash Final

—300m Hurdles Final

—200m Dash Final

—1600m Run Final*

—4x400m Relay Final

6:00 PM—Team Awards

****Rolling Schedule through
finals.**

FIELD EVENTS

9:00 AM

Girls & Boys Long Jump

Girls High Jump

Pole Vault

Boys Shot Put

Girls Discus

11:00 PM

Girls & Boys Triple Jump

Boys High Jump

Boys Pole Vault

Girls Shot Put

Boys Discus

Region 3-4A Track Coaches,

I hope everyone had a great District Meet and is ready for the Region 3-4A Track Meet hosted by Park Vista HS at [Park Vista HS](#) on Thursday, April 26th. There will be an informal coaches meeting starting at 7:30 AM on the infield on the bleachers near the shot put area if you have any questions. You are NOT required to be at the meeting, especially if you are traveling from a far distance and don't have athletes competing until later in the day.

Each team will be given up to 3 coaches passes (6 total per school). These are only allowed for coaches and should not be given to parents. You can pick them up at the tent next to the home concession stand.

Per FHSAA guidelines, we will be collecting an entry fee for all teams participating to help cover costs of timing, scoring, and officials. Please bring cash or check payable to Park Vista Community High School. You can pay at the packet pick-up tent when you pick-up your coaches packet. The max a team will pay is \$35 per gender.

Fee Schedule (per gender)

1-6 qualifier(s): \$5 per qualifier

7 or more qualifiers: \$35 (max)

Per FHSAA rules, spectators will be required to pay an admission fee of \$7 per person. There is no charge for parking.

Pole Vault weigh-in and implement inspection will take place at the event site beginning 45 minutes before each competition.

Heat Sheets & Live Results

Heat Sheets will be posted on the FL Runners and www.mogotiming.com when they are available. We will post results live throughout the meet when they are final and scored on www.mogotiming.com. Nothing is official until confirmed by the FHSAA.

Wednesday night warm-ups

The track will be open for warm-ups and teams to set up camp on Wednesday from 3:15 PM - 5:30 PM. You may set-up camp, but it's at your own risk leaving them overnight.

Here is some other important information for the meet. Please take your time and read the entire email.

PLEASE FEEL FREE TO FORWARD THIS EMAIL TO YOUR ATHLETIC DIRECTOR, ASSISTANT COACHES, ATHLETES AND THEIR PARENTS.

1. Rules/Instructions

Athletes must have met the 5 meet participation rule to be entered into the regional meet and also be entered on your State Series Eligibility List.

If an athlete received a DNS (did not start/show) at the District Meet, they are disqualified from the Regional & State Meet. This includes relays.

Athletes must participate in all individual events where they have qualified. If they miss an individual event, they will be disqualified from all remaining events in regionals and state.

If they qualified in an open event for the Regional Meet, they must take a legal start or an attempt in the field event to remain eligible. That event would still count towards their 4 event maximum per meet.

Athletes will also only be allowed to compete in 4 events. You may not substitute an athlete that is entered into 4 open events out of an open event to add them into a relay.

Relay personnel may be changed between the district and regional meet. The pool of 8 runners may not change throughout the state series. Once relay personal report to the Clerk of the Course for a race, no change in personal for that race is permissible.

Seeding at Region & State is done by performance only. No preference is given to District or Regional Champions.

We will be running prelim races in all NON-final races. That means, 100/110m Hurdles, 100m, 400m, 4x100m Relay, 300m Hurdles and 200m. The top 3 from each heat and the next 2 best times will advance to the finals. If there is a tie for 8th place in the prelims, a runoff would take place at the conclusion of the prelims to determine the 8th spot for the finals.

The 4x800m Relay, 800m, 1600m and 3200m will be run in one heat.

The 4x400m Relay will be run in two heats with the faster heat going 2nd.

At State, 3 heats seeded by time for prelim sprints & 4x4 with top 9 advancing (top 2 each heat, next 3 by time). One heat for 1600 & 3200, two heats for 4x8 and 800.

Coaches boxes will be established near each field event competition area. You must have a coaches band to get in this area. Athletes not competing must remain outside of the competition area. Once the field events are concluded, coaches will have to leave the infield.

Athletes will be given a maximum of 3 throws or jumps in the warm-ups. We will be using one pole vault pit, one high jump pit, one shot put ring, one discus ring and the girls long/triple jump will use the west pit while the boys long/triple jump will use the east pit.

In the long jump, triple jump, discus and shot put, after the prelims, the top 9 athletes will be given 3 more attempts, with their prelim attempts carrying over to the finals. The finals will take place immediately after the prelims are finished. If there is a tie for 9th place in the prelims, both athletes would advance to the finals. Ties are only broken at the conclusion of the event.

In the pole vault and high jump, if there is a tie for 4th place, a jump off will take place at the conclusion of the event.

If you check out of a field event to go to another event, you MUST take an attempt before being allowed to check out again. Athletes will be given a 12 minute time limit that begins when the athlete checks out with the official.

When you check out of an event, please wait until the final call before going to the other event.

Jewelry is allowed as long as it is not excessive or a hazard to the athlete. You are only allowed to wear a non-GPS enabled watch. Sunglasses are also allowed.

Hair ribbons must be of one solid color, no wider than 2" and made of soft material. No headbands allowed.

The warm-up area is located in the basketball courts, found outside of the track area. There is ample space. Hurdles will be provided.

Opening heights will be one bar below the lowest seeded qualifier (subject to change in the event of inclement weather):

Pole Vault*: 1.50, 1.65, 1.80, 1.95, 2.10, 2.25, 2.40, 2.55, 2.70, 2.85, 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95

High Jump**: 1.17, 1.22, 1.27, 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.97, 2.02, 2.07, 2.12, 2.17, 2.22

*the bar will move up in increments of 15cm

**the bar will move up in increments of 5cm

At-large Qualifiers

The next 8 best marks in each class not automatically qualifying by place at the regional meet will qualify for the state championship meet. At-large qualifiers will be announced by the FHSAA and are only official through their medium.

Sprinting Events (100, 100/110H, 200, 300H, 400, 4x1)—only times from the finals will be used (if a tie results in more than 8 and it can't be broken, none of the tied performances will be given an at-large bid)

Vertical Events (HJ, PV)—if there is a tie for at-large bids, the normal tie-breaking procedure (misses at the current height, then if still a tie, total misses in the competition) will be used. If a tie cannot be broken, then all those tied that would lead to more than 8 at-large bids will not advance and there will be less than 8 at-large bids for state.

Other Field Events (SP, DT)—qualifying mark to be considered for an at-large bid do not have to come from the finals. If there is a tie for at-large bids, the normal tie-breaking procedure (next best mark) will be used. If a tie cannot be broken, then all those tied that would lead to more than 8 at-large bids will not advance and there will be less than 8 at-large bids for state.

Other Running Events (800, 1600, 3200, 4x4, 4x8)—all performances from these events are eligible to receive at-large bids. If there is a tie that would lead to more than 8 at-large bids being offered, none of those tied performances will receive at-large bids.

Declaration of Non-Consideration

All those who automatically qualify for State (top 4 at Region) must compete at State.

If you do NOT want an athlete to be considered for an at-large bid, you must complete the form at the clerks table and submit the form to the meet referee within 30 minutes of the conclusion of the final event of the meet. You may do this at any time during the meet.

2. Team Bus, Athlete & Spectator Arrival— Direction, Parking & Admission Fee

Please give these instructions to your bus driver, parents and athletes.

Park Vista Community High School

[7900 Jog Rd, Lake Worth, FL 33467](https://www.google.com/maps/place/7900+Jog+Rd,+Lake+Worth,+FL+33467)

All buses and school vehicles will be allowed to drop off athletes and equipment north of the track, main entrance to track near outdoor basketball courts. Buses will then be redirected to park at West Boynton Park, which is located just east of Park Vista. Our supervision attendant will be able to direct your bus driver. *At 3:30, it is imperative that your bus driver and other team vehicles move the vehicles back to Park Vista's campus.*

When entering Park Vista - Enter off of Northtree Boulevard, stay in the left lane to avoid parent drop off line and enter through the second gate.

3. Jury of Appeals

Brantley Barr - Coral Springs (Head of Jury)

Brian Pollack - Seminole Ridge

Geoffrey Waugh - Palm Beach Gardens

Doug Horn - Spanish River

Chenae Jackson - Martin County

Demarcus Harris - Vero Beach

A head coach must first consult with the meet referee to discuss all potential appeals. If the coach feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted after consulting with the referee, a written appeal shall be made to the jury. The referee will have the proper appeal form.

Situations subject to appeal include: 1) Misapplication of the rules, which must be filed within 30 minutes of the announcements/posting of results. 2) Correction of clerical or team scoring errors which must be made within 48 hours of the end of the meet. 3) Correction of meet results involving an ineligible participant which may be made at any time when discovered. 4) Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director, such as time schedule or advancement of athletes.

Situations NOT subject to appeal include: 1) Any judgment decision pertaining to violation or alleged violation of the rules. 2) A decision made by the timers that does not involve misapplication of a rule or the terms and conditions of competition. 3) Whether a start is fair and/or legal. 4) Whether an athlete fouled during a field event attempt.

4. Team Scoring & Awards

Individual Events & Relays: 10-8-6-5-4-3-2-1

Team trophies to the top two teams.

Medals will be given to the Regional Champion in each event, as well as ribbons for athletes in 2nd - 8th place for in each event. Awards will be placed in team envelopes as soon as possible and will be ready for pick-up when teams are ready to leave.

5. State Finals

The State Finals will be held on Friday & Saturday, May 4th & 5th, at the University of North Florida. Please visit the FHSAA website for [all State Finals Information](#).

If you have athletes that would like to earn community service, we also have places they can help to earn hours!

Meet Referee: Bobby Hall, Broward County Officials

Meet Director: Daniel Barry, Park Vista

Timers: Mogo Timing

Announcer: Sarah Hamilton
Amy Green

6. Team Camps

You are allowed to set up your tents and team camps only in the grassy areas east of the track. Teams are not allowed to set-up in the bleachers. Please stay clear of the pole vault area.

If you set up tents on Wednesday, you may leave them overnight, but they must be staked down and secure. Of course it's at your own risk leaving them overnight.

7. Campus Closed

Please let your athletes know they are not allowed to wander on campus as school does not end until 2:45 PM.

8. Concessions & Food Trucks

The home concession will be open during the meet. They will have various food items and drinks. Additionally, Taco El Carbon and Woody's Burgers will be present and setup right outside the basketball courts.

9. Restrooms

Restrooms are located by the home and visitors concession stands.

10. Athletic Trainers

There will be athletic trainers located outside of the track near the finish line throughout the meet.

11. Inclement Weather

In the event of lightning or inclement weather, please have your team report to your team bus. In an emergency or if you don't have a bus present, you will be escorted to the skate park building west of the baseball field.

12. FHSAA Sportsmanship Message

Sportsmanship is having pride in your school, your team and yourself. Sportsmanship is respect for the game and those who play it. The Florida High School Athletic Association and its corporate partners remind you to take on the responsibility of good sportsmanship. Play Strong. Play Hard. Play Fair.

Thank you,
Daniel Barry
Region 3-4A Meet Director
daniel.barry@palmbeachschools.org
561-491-8400