

## **FHSAA 4A-1 / 2A-2 Super Regional Championship**

**April 26<sup>th</sup>, 2016**

## Lake Minneola HS

9:00 - 9:45 (2A) Weigh in – Pole Vault  
(2A) Implement Weigh In

9:30 (2A) Coaches Meeting

10:00 (2A) Girls Pole Vault (followed by boys)  
(2A) Girls and Boys High Jump

11:00 (2A) (9 advance to finals)

Boys Long Jump

### Girls Long Jump

## Girls Shot

Boys Discus

(Immediately following previous gender field)

Boys/Girls Triple Jump

## Girls Discus

Boys Shot

11:00 (4A) Coaches Meeting

11:00 (4A) Weigh in – Pole Vault  
(4A) Implement Weigh In

12:00            4x800 Relay (Both Districts)

1:00 (or upon completion of 2A)      (4A) (9 advance to the finals)

Boys Long Jump

## Girls Long Jump

## Girls Shot

Boys Discus

(4A) Boys and Girls High Jump

1:00 (or upon completion of 2A)      (4A) Girls Pole Vault (followed by boys)

(Immediately following previous gender field)

## Boys/Girls Triple Jump

## Girls Discus

Boys Shot

3:00      **Running Event Prelims** (Heat winners qualify, then next fastest times)

3:00 100/110 Hurdles

3:30 100 M

3:45 4x100 Relay (if more than 8 teams)

3:55 400 M

4:30 300 Hurdles

4:50 200M

5:00 (or 30 min after Prelims-whichever is earliest)

**Running Finals**

5:00 100/110M Hurdles

5:10 100M (Adapted 200m)

5:20 1600M

6:00 4x100 Relay

6:15 400M

6:35 300M Hurdles

6:50 800M

7:10 200M (Adapted 800m)

7:25 3200M

8:30 4x400M

## **INFO SHEET**

- Coaches' packets will be available at the admissions gate and main parking.
- Packets will contain 1 coach pass, wrist bands for participating athletes, and additional coaches' pass per 4 athletes.
- All vehicles must pay parking fee of \$5 per car.
- Meet host will provide officials for field events.
- Admission is \$7 (no passes allowed, athletes must have wristbands for entry/re-entry).