

# 3A-4 & 4A-1 Combined District Schedule

## **Tuesday, April 17, 2018**

**8:30am Coaches' Meeting:** Rules review and scratches (only)

**9:00am Weigh-ins:** Implement Weigh-Ins and Vaulters

**Field Events** \*FIELD EVENTS – approximate start times at each switch of events

**10:00 am** 3A Shot Put Girls  
3A Discus Boys  
3A High Jump Girls  
4A Long Jump (Boys and Girls)  
4A Girls Pole Vault

**12:00pm\*** 3A Long Jump (Boys and Girls)  
3A Girls Pole Vault  
4A Shot Put Girls  
4A Discus Boys  
4A High Jump Girls

**2:00pm\*** 3A Discus Girls  
3A Shot Put Boys  
3A High Jump Boys  
4A Triple Jump (Boys and Girls)  
4A Boys Vault

**4:00pm\*** 3A Triple Jump (Boys and Girls)  
3A Boys Vault  
4A Discus Girls  
4A Shot Put Boys  
4A Boys High Jump

**Running Events** (All Races 3A then 4A, Girls then Boys)

**\*Advancement formula to finals:**

5 heats = 4 fastest heat winners + next 4 fastest times

4 heats = 4 heat winners + next 4 fastest times

3 heats = 3 heat winners + next 5 fastest times

**9:00am 3200m - FINAL**

**11:00am 4x 800m Relay - FINAL**

**1:00pm RUNNING PRELIMS**

Girls 100m High Hurdles  
Boys 110m High Hurdles  
100m  
4X100m  
400m  
Adapted 200m  
300m Hurdles  
200m

**3:00pm 800m Run - FINAL**

**5:00pm RUNNING FINALS**

Girls 100m High Hurdles  
Boys 110m High Hurdles  
100m Dash  
4X100m Relay  
400m Dash  
Adapted 800m  
300m Hurdles  
200m Dash

**1600m**

4X400m Relay (TIMED FINALS)

**7:30pm Team Awards Presentation**



**4A – DISTRICT - 1**  
**(9 schools)**

Buchholz	Gainesville
First Coast	Jacksonville
Flagler Palm Coast	Palm Coast
Fleming Island	Orange Park
Fletcher	Neptune Beach
Mandarin	Jacksonville
Oakleaf	Orange Park
Robert E. Lee	Jacksonville
Sandalwood	Jacksonville

**3A - DISTRICT 6**  
**(8 schools)**

Atlantic Coast	Jacksonville
Bartram Trail	St. Johns
Creekside	St. Johns
Middleburg	Middleburg
Nease	Ponte Vedra
Orange Park	Orange Park
Ponte Vedra	Ponte Vedra
St. Augustine	St. Augustine

**Online Entry deadline:**  
**[www.flrunners.com](http://www.flrunners.com)** by 11:59pm, Saturday, April 14, 2018 *(set by the FHSAA)*

**4A-District-1 Jury of appeals:**

- Mandarin
- Buchholz
- Fleming Island
- Fletcher
- Sandalwood

**3A-District-4 Jury of appeals:**