

East Coast: Freshmen/Sophomore

Hosted by Flagler Palm Coast High School

Where: Flagler Palm Coast High School Meet Information

This meet is an OPEN MEET to any high school. We will cap # of schools around the first 12 entered.

Entries must be entered via <https://www.directathletics.com> no later than 11:59pm, Monday, March 4, 2019. A late fee of \$50 will be assessed for re-opening registration on <https://www.directathletics.com>

Unlimited entries in all events, 1-relay per team

Awards:

- **Individuals:** Ribbons 1st - 8th Places
- **Team:** Trophy to Team Champions

Entry fee: \$150 /school (Make checks payable to: Flagler Palm Coast HS c/o Track & Field)

Meet Schedule

Coaches Meeting 3:30pm

Field Events 3:45pm

Long Jump/Triple Jump: (boys = far pit)
Long Jump/Triple Jump:(girls = close pit)
Pole Vault: (girls 1st, boys to follow)
Shot Put: (girls 1st, boys to follow)
Discus:(boys 1st,girls to follow)
High Jump: (girls 1st, boys to follow)

Finals (heats against time; fast heat 1st, except 4x400) (Rolling Time Schedule)

- 4 x 800-Final 3:45pm
- 100/110HH 4:00pm
- 100m
- 1600m
- 4 x 100
- 400m
- 300IH
- 800m
- 200m
- 3200m
- 4 x 400