



The 2016 District 3A-13 Track & Field meet will be held at Sebastian River High School on Wednesday, April 13, 2016. The teams represented at this meet are: Bayside, Eau Gallie, Heritage, Merritt Island, Palm Bay, Sebastian River, West Shore, Viera,

All entries (maximum of 4 for individual events and 1 relay per school) for the meet are due in www.flrunners.com by 11:59PM on Monday, April 11, 2016. Only the student/athletes entered in www.flrunners.com will participate in this ****FHSAA sanctioned track & field meet****. Scratches (**you scratch from an event you scratch from the meet**), will take place at the coaches meeting 10:00AM front of press box. No entries will be accepted at this meeting (**re-check your entry list, prior to deadline**) Pole vaulter weigh-ins and pole verification will take place at 10:00AM at the pole vault pit. Shot put and discus implement weight verification will take place at 10:00AM at the old concession area.

If you have any further questions about the meet, please contact Tyrone Perry, tyrone.perry@indianriverschools.org 772-713-1918 or Chris Jefferson, Christopher.Jefferson@indianriverschools.org 772-564-4186.

We look forward to working with you. Please set up your team camps under home side bleacher, in the home side bleachers (**toward the top**), or visitor stands. Athletes may sit in the home side bleachers. We will be parking the buses by the stadium inside the gate. Please park all other vehicles in the parking lot.

****Please take the time to review sportsmanship, uniforms, and electronic devices rules with your student/athletes. All of the information pertaining to these rules can be found on www.fhsaa.org. All FHSAA rules will be enforced.***



Schedule

10:00AM

Coaches Meeting front of the Press Box

11:00AM

Girls 4x800 Relay Finals
Boys 4x800 Relay Finals

Field Events

11:00AM

Long Jump Prelims & Finals
Adapted Wheelchair Shot Put Finals
(If a Participant is Available)
Boys Discus Prelims & Finals
Girls Shot Put Prelims & Finals
Girls Pole Vault Finals
Girls High Jump Finals

Following the completion of the above events

Boys Shot Put Prelims & Finals
Girls Discus Throw Prelims & Finals
Triple Jump Prelims & Finals
Boys Pole Vault
Boys High Jump Finals

1:30PM

Running Event Prelims

Girls 100m High Hurdles
Boys 110m High Hurdles
100m Dash (G/B)
400m Dash (G/B)
300m Low Hurdles (G)
300m IM Hurdles (B)
200m Dash (G/B)

Running Event Finals – 30 minutes after the prelims

Girls 100m High Hurdles
Boys 110m High Hurdles
100m Dash (G/B)
1600m Run (G/B)
4x100m Relay (G/B)
400m Dash (G/B)
300m Low Hurdles (G)
300m IM Hurdles (B)
800m Run (G/B) (2 SECTIONS, SEEDED SECTION LAST)
Adapted Wheelchair 800m (If a Participant is Available)
200m Dash (G/B)
Adapted Wheelchair 200m (If a Participant is Available)
3200m Run (G/B)
4x400m Relay (G/B)

Scoring: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1

FHSAA SANCTIONED EVENT

