



**FHSAA 1A, 2A Region 1
Saturday April 27th, 2019
Hosted by B3R Sports Inc. &
Bishop Snyder HS**

**5001 Samaritan Way,
Jacksonville, FL 32210**

**Contact: Dusty Smith
dusty@b3rsports.com**

Online Coaches Meeting

Coaches, congratulations on qualifying your athletes to the 2019 FHSAA 1A, 2A Region 1 Championships. If you do not wish to come to the 7 am coaches meeting the morning of the event, please print the last page out with your signed name and your school name.

Please make sure you have read the FHSAA rulebook and are familiar with all rules for each event. Should you have a question or would like to make a protest please ask to see our head official Jim Williams.

Packets Pick up: Packets can be picked up Friday from 3-5 pm and starting at 6:30 am Saturday. Team need to pay their team entry fee with check or cash at packet pick up to receive their packets. Cost is \$10 per athlete up to 2 athletes per gender. 3 or more athletes per gender is \$30. If you qualified 3 girls and 3 boys that is a total of \$60. If you qualified 1 girl and 8 boys that is \$40. If you have any questions about how much your entry fee is, please email dusty@b3rsports.com

Team Tents: Please see the facility layout below for the team tent area. The home side stands we will not allow any tents in. The visitor side stands can have tents on the top row only. You can set up tents Friday from 3-5pm. Bishop Snyder or B3R Sports will not be held liable for any damaged or missing tents left over night. Trash bags will be placed in your packets please keep your area clean and place your trash bags near a trash can before leaving the venue.

Weights and Measures: Weights & Measures will be located beside the clerking tent. You must enter the clerking tent to get to weights and measures. Implements must be turned in 1 hour before the start of each field event. The implements will be impounded and taken to the field event by one of our staff members 30 minutes before the event starts for warm-ups. Implements can be picked up at the conclusion of the field event. Pole Vault weight in will be done at the pole vault pit.

Relays: Coaches should have entered up to 8 athletes at districts, if you did not then you are only allowed to run the athletes you entered in your pool of 4-8 for the relays. Relay teams must all be present at check in for the clerks to circle their names.

Entering & Exiting the Track: Coaches there will be one way into the track and that will be through the clerking tent. The exit of the track will be at the south west side of the facility near the finish line. Once an athlete is through with their event, they need to exit the inside of the track through the south west gate.

Field Event Coaches Box: Each field event will have a coach's box flagged off. We ask that each team please keep the number of coaches on the infield down to a minimal and please stay inside the coach's box while at the field events. Please do not allow other athletes out on the field with you unless they are competing in the event.

Water: We will have water stations at each field event, in the clerking tent and at the finish near the exit gate. We will have a big cooling fan under the clerking tent to keep athletes cool while they wait on their races.

Field event final: Long Jump, Discus, Shot Put, Triple Jump will take the top 9 to finals. Everything will be measured and called out in metric. We will have measuring tapes down the long jump and pole vault run ways which will also be in metric.

Running events: John Corker will be at the finish line as our lap counter and Half-Mile Timing will capture every lap on Finishlynx to make sure each lap is recorded for all runners. 4x400m will be a 3 turn stagger with the 2nd runner breaking in at the break line on the backstretch. Athletes are to report to the starting line with the clerk of court unless they are coming directly from a field event. The runner must still check in with the clerk first before getting on the track or they will not be allowed to compete.

Electronic Devices: Coaches may have electronic devices in the coach's boxes. No athletes should have any electronic devices in the competition area. The competition area is the track and anywhere inside of the track. There will be no warming up on the track. All warm ups should be done in the designated warm up area which you can see on the facility layout below.

Uniforms: Uniforms that are made to be tucked in should be tucked in before checking in at the clerk. Shorts cannot be rolled. Relays must have uniforms with the same likeness, meaning they need to be school issued and as close to matching as possible. Different color uniforms on relays are subject to disqualification. Sweat bands are fine but they cannot tie in the back with anything hanging down and durags are not acceptable. Our clerks will try to catch these before allowing athletes onto the field, but you and your athletes should take this online coaches meeting as your warning!

DNS vs DNF: If you have an athlete not show up to an event field or running, they are not allowed to compete for the rest of the series. This includes relays and the state meet. If you have an athlete at a field event not wanting to compete please make sure they check and scratch or foul their first attempt. For running events please have your athletes make the starter aware that they will not be finishing and stepping off so the official can relay this to the timer.

Results: Timing will be provided by Half-Mile Timing. The following two links will get you to the results
<http://b3rsports.com/2019-fhsaa-1a-2a-region-1-tf/> <http://live.halfmiletiming.com/#/results/meet/49>

Awards: Ribbons will be given to the top 8 individuals in each event and top 2 teams will receive trophies. Ribbons can be picked up in the press box by entering the right-side door when going up the stairs. Team trophies will be presented at the 50-yard line after the conclusion of the last race.

Time Schedule

All races will be run 1A followed by 2A.

Running Events

Time	Event
8:00 A.M.	3200m Girls Finals
8:30 A.M.	3200m Boys Finals
10:00 A.M.	4x800m Girls Finals
10:30 A.M.	4x800m Boys Finals
12:00 P.M.	100m Hurdles Girls Prelims
12:15 P.M.	110m Hurdles Boys Prelims
12:30 P.M.	100m Girls Prelims
12:40 P.M.	100m Boys Prelims
12:50 P.M.	4x100m Girls Prelims
1:05 P.M.	4x100m Boys Prelims
1:20 P.M.	400m Girls Prelims
1:30 P.M.	400m Boys Prelims
1:45 P.M.	300m Hurdles Girls Prelims
1:55 P.M.	300m Hurdles Boys Prelims
2:05 P.M.	200m Girls Prelims
2:15 P.M.	200m Boys Prelims
2:30 P.M.	800m Girls Finals
2:40 P.M.	800m Boys Finals
	All Finals
4:00 P.M.	100m Hurdles Girls
Rolling Schedule	110m Hurdles Boys
	100m Dash Girls
	100m Dash Boys
	Adaptive 200m
	4x100m Relay Girls
	4x100m Relay Boys
	400m Girls
	400m Boys
	Adaptive 800m
	300m Hurdles Girls
	300m Hurdles Boys
	200m Dash Girls
	200m Dash Boys
	1600m Run Girls
	1600m Run Boys
	4x400m Relay Girls
	4x400m Relays Boys

See facility layout for pit locations. Girls Long Jump at pit A, Boys Long Jump at pit B

Field Events

Time	Event
8:00 A.M.	Adaptive Shot
9:00 A.M.	1A Long Jump Girls
	2A Long Jump Boys
	1A High Jump Girls
	1A Pole Vault Girls
	1A Discus Girls
	2A Shot Girls
11:00 A.M.	2A Long Jump Girls
	1A Long Jump Boys
	2A High Jump Girls
	2A Discus Girls
	1A Shot Girls
	2A Pole Vault Boys
1:00 P.M.	1A Girls Triple Jump
	2A Boys Triple Jump
	1A Pole Vault Boys
	1A High Jump Boys
	1A Discus Boys
	2A Shot Boys
3:00 P.M.	2A Girls Triple Jump
	1A Boys Triple Jump
	2A High Jump Boys
	2A Discus Boys
	1A Shot Boys
	2A Pole Vault Girls



WARM UP AREA

TEAM TENT AREA

SHOT PUT

DISCUS

JAVELIN

HIGH JUMP

PIT A

PIT B

PV PIT A

PV PIT B

CLERK

Samarten Way

Samarten Way

BZR SPORTS

FHSAA REGIONALS

Online Coaches Meeting

Please sign this page and bring it with you when picking up your packet so you do not have to attend the coaches meeting.

PLEASE PRINT!

Printed Coaches First & Last Name

Printed School Name