



**1A District 5
Oak Hall School
April 20th, 2022
1700 Sw 75th Street,
Gainesville, FL 32607**

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

Coaches Information

Coaches, please read over all the information provided.

Before the meet

Coaches your online entry deadline is Thursday April 14th at 11:59 p.m. on Direct Athletics. Here is the direct link <https://www.directathletics.com/meets/track/74030.html>

The following is direct from the FHSAA

1. All competitors entered via Direct Athletics must match exactly with the names submitted to FHSAA on Home Campus.
2. Athletes enter with their best 2022 in-season time/mark as listed on TFRRS, or with an NT/NM. No speculative or unreported times/marks will be allowed. Marks from non-FHSAA meets are not permitted. No hand-times or English marks may be used for entry. You may not change entry times/marks from what is submitted by the coaches online.
3. **4.14.2.3.2(a) Number of Contestants.** The maximum number of contestants which a school may enter in a district meet is limited to three (3) contestants in each individual event and one (1) team in each relay event. A fourth entry in individual events is permitted if all four (4) contestants have established a mark equal to or better than the four-year rolling average mark for 8th place in the region round across all regions within that event and classification. Outlier marks will not be included in the average (i.e., an instance where an athlete was injured, or the mark is not competitive). For running events, only FAT marks may be accepted for maximum event entry. Qualifying marks will be published by FHSAA. Only current regular season marks submitted to DirectAthletics by regular season meet hosts and those associated with the athlete's TFRRS numbers may be used for seeding purposes.
4. Qualifying marks may be found [here](#).
5. **AP 4.14.2.2.1(a)(4) Postseason Entries.** Entries must be completed on DirectAthletics by 11:59 PM EST on the following dates:
6. April 14, 2022 for meets held the week of April 18-23.
7. **Late Edits.** Edits to entries may be made for a \$250 fee after the initial entry deadline within the following windows only. Fees will be assessed on a per school/gender basis.
8. April 15, 2022 from 12:00 PM - 6:00 PM EST for meets held the week of April 18-23.
9. To be eligible for the state series, a student-athlete must be listed on the Postseason Entries and the Postseason Entries must be submitted by the deadline.
10. **Advancement.** The first four contestants in each individual event and the first four teams in each relay event are the maximum numbers that each district shall qualify for the region meet. All ties resulting in more than 4 qualifiers must be broken. Preliminary trials or heats are not required at the district meet.

During the Meet

Jury of Appeals

Each head coach not involved with the ruling in question is in the Jury of Appeals. A jury can only be called if there has been a mis interpretation of a rule. Judgement calls by officials is not grounds for calling a jury of appeals.

Trainer

We will have a trainer on site for injuries and medical emergencies only. The trainer is not on site to wrap your kids up or provide ice for shin splints. **MEDICAL EMERGENCIES ONLY!**

Time Schedule

The time schedule is posted here <http://b3rsports.com/2022-fhsaa-1a-district-2/>

Bus Parking

Buses can drop athletes off in the loop, then will be directed where to park.

Implement Weight in

Pole Vault will be weighed in on site. Javelin, Shot & Discus will be weighed in from 9am-noon at the Oak Hall tent located near the finish line.

Team Tent Area

The outfield of the softball field is where team tents can be set up. No athletes in the stands or walking around the Oak Hall campus.

Heat Sheets and Results

<http://b3rsports.com/2022-fhsaa-1a-district-2/>

Here are some points of emphasis from the FHSAA.

Coaches Meeting 8:30 a.m. All scratches may be made at this time without penalty. No new entries may be accepted.

Field Events (NFHS Rule 6)

4.14.1.1.1 Standard of Measurement. The Metric System is the standard of measurement in all FHSAA Track & Field meets. All field events shall be measured and recorded in metrics. All field event qualifying marks not measured in metrics will be seeded with no mark at the region meet.

Sharing Implements. Implements checked in for use in the competition shall remain the property of the individual and may not be used by the field without the consent of its owner.

Vertical Jumps. Vertical events should have a starting height determined and then move up in increments of 5cm for High Jump and 15cm for Pole Vault unless the winner has already been determined in which case the increment shall be at the first-place athlete's discretion.

Events with Runways. Competitors may not run in the non-legal direction on the runway at any time in horizontal jumps, pole vault, or javelin during warm-ups. (NFHS Rule 6-2-6).

Javelin.

11. Javelins shall be rubber-tipped. The rubber tip shall be a permanent fixture on the javelin. (NFHS Rule 6-8-2 NOTE). Any javelins without permanent rubber tips shall fail inspection and may not be used in competition.
12. **AP 4.14.1.1.1.4 Transporting Javelins.** Javelins must be transported in a case or capped bag (at both ends) at all meets except during the javelin competition to ensure safety of athletes, coaches, and spectators. PENALTY: Participating schools in violation shall be disqualified from the javelin event in that meet for unsportsmanlike conduct if the violation is not immediately correctable. The school shall forfeit all individual places and points (boys & girls) in that event. The meet referee shall submit an AT6 to the FHSAA within 24 hours of the completion of the meet.

Running Events

4x100m Relay. All relay legs of 200m or less shall have a 30m exchange zone. Acceleration zones are eliminated. (NFHS Rule 5-3-3 & 4 and 5-10-6 thru 11).

13. Running Events
14. Relay Names (accurate reporting required – athletes not entered in the Pool of 8 may not run in each respective relay).
15. Field Events – include check-out procedure for athletes in multiple events at once. A competitor may use another competitor's implement during competition only with the other competitor's permission. All implements shall be inspected. Pole Vault contestants shall be weighed-in.
16. Scratches – No penalty for a scratch or DNS in any event during the initial round of competition (qualification was not required)
17. Review maximum number of events for an athlete and how that is calculated. If entered in 3 individual events, how many relays, etc. Understand the difference between entered and competing. Individuals may compete in no more than 4 events (NFHS Rule 4-2).
18. Advancement to Region – Top 4 in each event. Ties resulting in more than four qualifiers must be broken.
19. Uniforms – Relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team (NFHS Rule 4-3).
20. Emphasis on measurement, recording, and reporting of all events in Metrics. Events conducted in English/Imperial measurement shall receive no mark and be seeded last in the region meet.

If you have any questions about any of the information provided feel free to email dusty@b3rsports.com