



**1A District 5  
Oak Hall School  
April 19<sup>th</sup>, 2023  
1700 Sw 75<sup>th</sup> Street,  
Gainesville, FL 32607**

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### Coaches Information

Coaches, please read over all the information provided.

#### **Before the meet**

Coaches your online entry deadline is Saturday April 15<sup>th</sup> at 11:59 p.m. on <https://www.directathletics.com/> . We will put the direct link on the 1A District 5 event page on [www.b3rsports.com](http://www.b3rsports.com) when it becomes available.

#### **Parents/ Spectators**

All parents and spectators will need to purchase their ticket on Go Fan. We will provide this link on the 1A District 5 event page on [www.b3rsports.com](http://www.b3rsports.com) when it becomes available.

#### **Entry Fee**

Coaches you will need to bring \$30 per gender (\$60 for both genders) with you to the district meet. Please make the check out to **Oak Hall School**.

#### **Awards**

Top two boys' and girls' team will receive the champion and runner-up trophies. Top 8 individuals will receive ribbons in each event.

#### **Field Event Assignments**

We will need the following schools to help with the following field events.

G LJ/TJ	Bell
B LJ/TJ	Chiefland
G/B Shot	Trenton
G/B Discus	Cedar Key
G/B PV	Branford
G/B High Jump	St. Francis

#### **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/2023-fhsaa-1a-district-5/>

## **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/2023-fhsaa-1a-district-5/>

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.**

1. 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.
2. **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).

3. Running Events
4. Relay Names (accurate reporting required – athletes not entered in the Pool of 8 may not run in each respective relay).
5. 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.
6. Scratches – No penalty for a scratch or DNS in any event during the initial round of competition (qualification was not required)
7. 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).
8. Advancement to Region – Top 4 in each event. Ties resulting in more than four qualifiers must be broken.
9. 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).
10. 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](mailto:dusty@b3rsports.com)