



The 2008



National City

## East Coast Classic

Hosted by

**Flagler Palm Coast High School**

**Home of the 2007 4A—State Champions**

Dear Coach:

Flagler Palm Coast High School invites you to attend the 4<sup>th</sup> Annual *National City—East Coast Classic* on Friday, February 29<sup>th</sup>. Coach Dave Halliday will serve as meet director. Coach Gretchen Meyer, will serve as the Assistant Meet Director. The entire track facility was re-surfaced over the summer including the track, long jump runways—with collegiate jumping boards, pole vault runways and box and high jump apron. This makes it one of the fastest and finest high school facilities in the state not to mention it is surrounded by a concrete stadium that seats 3,500. The pole vault and high jump systems are UCS pits that exceed high school and college safety standards. Concessions and restroom facilities are available on site. The meet will be team scored.

**Entries are limited to: 3-athletes per (field and sprint event), 4-athletes per (distance races), B-team relays will also be allowed.**

The meet will be timed by *Half-Mile Timing and Data* using the FinishLynx (F.A.T.) Timing System. This provides an excellent opportunity for your athletes to run legitimate times and be recognized nationally. Certified officials will be provided.

Team champion, Runner-up, and Outstanding Individual Performer trophies will be awarded. First, second, and third place scorers will each receive gold, silver, and bronze medallions respectively. Fourth place through eighth will receive ribbons. There will be a Coaches Hospitality Room provided during the intermission between prelims and finals.

The entry list and time schedule are on the following page. Entries must be entered via [www.directathletics.com](http://www.directathletics.com) *no later than 8:00pm, Monday, February 25, 2008*. Heat Sheets will be posted on [www.halfmiletiming.com](http://www.halfmiletiming.com) by Wednesday, February 27<sup>th</sup>.

Attached are the directions for entering via Direct Athletics. **DO NOT** mail, email, or fax entries. **A late fee of \$25 will be assessed for re-opening registration on [www.directathletics.com](http://www.directathletics.com)**

Entry fee is \$60/team or \$85/school (b/g). *Please enclose entry fee with Meet Name.*

**Make checks payable to the:**

**Flagler Palm Coast High School—c/o Track & Field**  
3265 East Highway 100  
Bunnell, FL 32110

Meet Director: Dave Halliday  
Phone: (386) 437-7540 x-1086  
Cell: (386) 931-2449  
Email: [davetrackgator@hotmail.com](mailto:davetrackgator@hotmail.com) or [hallidayd@flagler.k12.fl.us](mailto:hallidayd@flagler.k12.fl.us)



This meet is sanctioned by the FHSAA and all FHSAA rules will be enforced.

Sincerely,

National City

David Halliday  
Head Track and Field Coach/Meet Director  
Flagler Palm Coast High School



# Meet Schedule

**Coaches' Meeting** 1:30pm

**Field Events** 2:00pm

[Prelims & Finals = 3 jumps/throws each time]

→ **Long Jump** (boys = far pit & girls = close pit)

→ **Pole Vault** (girls 1<sup>st</sup>, boys to follow)

→ **Shot Put** (girls 1<sup>st</sup>, boys to follow)

→ **Discus** (boys 1<sup>st</sup>, girls to follow)

→ **Triple Jump** (following the long jump: boys = far pit & girls = close pit)

→ **High Jump** (girls 1<sup>st</sup>, boys to follow) 5:00pm

**4 x 800-Final** 2:15pm

**Consolation Races** 2:45pm

3200m (b/g combined), 800m, and 1600m (all = hand timed)

**Prelims** 3:30pm

100/110HH

100m

4 x 100

400m

300IH

200m

**Officials' Break** 6:30pm

**National Anthem** 6:55pm

**Finals** (Rolling Time Schedule) 7:00pm

100/110HH

100m

1600m (Top-24)

4 x 100

400m

300IH

800m (Top-20 = 2-sections of 10, fast heat last)

200m

3200m (Top-24)

4 x 400 (fast heat last)