



The 2010 6th Annual East Coast Classic



Hosted by
Flagler Palm Coast High School

Dear Coach:

Flagler Palm Coast High School invites you to attend the 6th Annual—*East Coast Classic* on Friday, March 26th. Coach Dave Halliday will serve as meet director. The entire track facility was re-surfaced in 2007 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. The meet format has changed back to Friday. We will offer OPEN/Consolation events that will NOT be scored earlier in the day. Entries for these events will be unlimited. Distance runners not seeded in the top-20 will run here. Also, these OPEN events will be coded differently on www.flrunners.com, allowing for unlimited entries.

Entries for the FINALS portion of the meet are limited to: 4-athletes per event, B-team relays will also be allowed and scored. **Unlimited entries* in the OPEN/Consolation races earlier on Friday.

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.flrunners.com no later than 9:00pm, Tuesday, March 23, 2010. Heat Sheets will be posted on www.halfmiletiming.com by Wednesday, March 24th.

Attached are the directions for entering via www.flrunners.com **DO NOT** mail, email, or fax entries.

A late fee of \$25 will be assessed for re-opening registration on www.flrunners.com

Entry fee is \$60/team or \$100/school (b/g). *Please enclose entry fee with Meet Name.*

Make checks payable to the:

Flagler Palm Coast High School—c/o Track & Field

5500 East Highway 100
Palm Coast, FL 32164

Meet Director: Dave Halliday
Phone: (386) 437-7540 x-2223
Cell: (386) 931-2449
Email: hallidayd@flagler.k12.fl.us or davetrackgator@hotmail.com



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

Sincerely,

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