

Esca-Rosa County Championship

Sponsored by Andrews Institute



We would like to say first thank you, for coming to the Esca-Rosa County Championship Meet. The coaches, along with all the faculty and staff, would like to say welcome and thank you for attendance. Please make sure that your athletes show respect to our campus and to our equipment these next two days while on our campus. We would like to thank our sponsor, Andrews Institute for there help and assistance.

Each school will be allowed **3 athletes per event**. Make sure that we are only allowing each athlete a total of 4 events, according to FHSAA hand-book. All entries will be entered on www.flrunners.com and Half-Mile Timing will be used. Make sure that your athletes are properly equipped with the correct spikes and uniform. (All relays need to look a like.)

Pole Vault/Shot/Discus Participants: There will not be a weigh in of the poles/shots/discus, so each school needs to be honest. If your athlete needs to check out of an event, make sure that the coach at that particular event knows and doesn't scratch the athlete. (Shouldn't be a big problem with it being 2 days.)

Parking: Buses need to park inside the stadium, the north end of the track behind the practice softball field.

Coaches: West Florida's athlete trainer along with other trainers from the area will have their tent set up in the infield. Their will be a hospitality breakfast Saturday morning before starting the running events and there will be tickets given to the coaches for lunch.

Scratches, but know adds the day of the meet. (Half-Mile timing will take care off)
Gate charge: \$2.00 for adults and students, \$1.00 for children, and free for kids under the age of 3. Concession will be available located by the restrooms. Trophies will be given to the 1st place teams.

Each athlete that comes top 3 in there event will be presented a medal and each first place winner will also receive a free t-shirt.

The coaches at the events will tell the kids to report to the podium for top 3, with the scoring card to be announced. I hope the meet will be a good experience for your kids and give them something to be proud of to say, "I'm the county champ!!" If there are any questions please feel free to contact us.

School's attending: West Florida, Pine Forest, Escambia, Catholic, Pensacola High, Tate, Navarre, Milton, Gulf Breeze, PCA, and Washington.

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Schedule of Events and start times:

Friday, March 26th:

3:00p.m. Coaches Meeting

3:15p.m. **Girls Discus** / Boys Discus follow
Boys Shot / Girls Shot follow
Girls/Boys Long Jump / Girls/Boys Triple follow
Girls Pole Vault- At Pine Forest
Boys Pole Vault- At West Florida
Boys High Jump / Girls High Jump follow
Girls 4x 800m / Boys 4 x 800m Relay follow

Saturday, March 27th:

9:00a.m. Coaches Meeting

9:30a.m. Prelims
Girls 100m / Boys 110m Hurdles
Girls / Boys 100m Dash
Girls / Boys 4 x 100m Relay
Girls / Boys 300m Hurdles
Girls / Boys 200m Dash

12:00p.m. Finals (may start early if we finish quick)

Girls 100m / Boys 110m Hurdles
Girls / Boys 100m Dash
Girls / Boys Mile Run
Girls / Boys 4 x 100m Relay
Girls / Boys 400m Run
Girls / Boys 300m Hurdles
Girls / Boys 800m Run
Girls / Boys 200m Dash
Girls / Boys 2 Mile Run
Girls / Boys 4 x 400m Relay

