

TRACK AND FIELD

NORTH FLORIDATM

2018 Pre-State Meet (High School Only)

Hodges Stadium - Jacksonville, FL

March 24, 2018

- Entries:** High School team entries via FL Runners
*Entries open March 11 and are due **Tuesday March 20, 2018 @ 11:59PM** * Late entries not accepted!*
- Entry Restrictions**
3 Entries per team in running events, 2 entries per team in field events, 1 entry per team for relay events
- Entry Fee**
H.S. - \$125.00 per gender or \$25.00/athlete, whichever is smaller
All questions should be emailed to adam.cooke@unf.edu.
Entry fees for **High School** teams can be paid at packet pick-up, or mailed to UNF using the address listed below, **7 days before the meet**. Make check payable to: UNF Track & Field
UNF Athletics – Track & Field, University of North Florida, 1 UNF Drive, Jacksonville, FL, 32224
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SPIKES

ONLY ¼" pyramids will be allowed on track. Javelin & high jump may use 9mm pyramids.

Event Check-In

Running events

Participants must check-in with the **meet clerk** no later than 30 minutes prior to the start of the scheduled event. (Event could be re-seeded) Athletes failing to report 30 minutes before will be scratched from the event.

Field events

Participants must report to the **event site** no later than 45 minutes prior to the start of the scheduled event. Athletes failing to report 45 minutes before will be scratched from the event. Pole Vault athletes will be allowed on the runway 1 hour prior to the start of their event. (Flights could be combined)

Implement Weigh-In

High school athletes will not have to weigh in implements.

Warm-Up Area:

All warm-ups must be conducted on the practice track and grass practice field next to the track.

Packet Pick-up

Will be located at team entrance into the warm-up track and team tent area.

High School teams Friday March 23, 3:00pm - 4:00pm & Saturday March 24, 7:00am - 12:00pm

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FACILITY INFORMATION

LONG JUMP/TRIPLE JUMP RUNWAYS

Width of runway = 1.2m / 4'
Length of long jump runway = 54.25m / 178'
Length of triple jump runways =
Women's triple jump board to edge of sand = 9m, 11m, 13m
Men's triple jump board to edge of sand = 11m, 13m

POLE VAULT RUNWAYS

Width of runway = 1.2m / 4'
Length of runway (D Zone) = (A) = 44.5m / 146'
Length of runway (D Zone) = (B) = 38.7m / 127' track edge

JAVELIN RUNWAY LENGTH

Width of runway = 4m / 13'
Length of North runway = 26.58m / 120'
Length of South runway = 26.58m / 120'

SURFACE

Mondo surface
9 lane: 1.2m / 48" each

TRACK RADIUS

36.49M / 119.74'

2018 Pre-State Meet

HEIGHT PROGRESSIONS

GIRL'S / BOY'S HIGH JUMP

Games Committee will set starting height

BOY'S / GIRL'S POLE VAULT

Games Committee will set starting height

TENTATIVE SCHEDULE

TRACK AND FIELD



Saturday, March 24

Field Events

| | | |
|----------------|--------------------|--------------|
| 9:00am | Discus (HS- B) | Outside cage |
| | Shot Put (HS-G) | |
| | Long Jump (HS-G) | Runway A |
| | Long Jump (HS-B) | Runway B |
| 10:00am | Pole Vault (HS-G) | |
| | High Jump (HS-G) | |
| 12:00pm | Discus (HS G) | Outside cage |
| | Shot Put (HS-B) | |
| | Triple Jump (HS-G) | Runway A |
| | Triple Jump (HS-B) | Runway B |
| 1:00pm | Pole Vault (HS-B) | |
| | High Jump (HS-B) | |

Running Events

9:00am Rolling Schedule

- 3200m (HS-G)
- 3200m (HS-B)
- 4 x 800m (HS-G)
- 4 x 800m (HS-B)
- 100m Hurdles (G)
- 110m Hurdles (B)
- 100m (HS-G)
- 100m (HS-B)
- 1600m (HS-G)
- 1600m (HS-B)
- 4 x 100m (HS-G)
- 4 x 100m (HS-B)
- 400m (HS-G)
- 400m (HS-B)
- 300m H (HS-G)
- 300m H (HS-B)
- 800m (HS-G)
- 800m (HS-B)
- 200m (HS-G)
- 200m (HS-B)
- 2000m Steeplechase (HS-G)
- 2000m Steeplechase (HS-B)
- 4x400m (HS-G)
- 4x400m (HS-B)