

4A-Region 3 Coaches Information

Hosted by:

Osceola (Kissimmee) HS

Coaches,

Congratulations on your season thus far. To qualify for state, it is the top two in each event, and then the next best eight from all four regions combined.

Tickets will be sold online via GoFan.

Packet Pickup will take place during the coaches meeting that will take place at 10:30am near the timing tent. Inside the packet you will find your wrist bands for your jumping athletes, (**LJ, TJ, HJ**) heat sheets, and a trash bag for your team tent area.

Coaches, PLEASE make sure your athletes, other coaches and any spectators you know you have coming understand how the meet is going to be conducted.

Mask & Face coverings

It will be mandatory for any school attending a meet in Osceola County for the coaches, athletes, and spectators to wear a mask. If they refuse to follow this protocol, then they will not be allowed in. Once in, if they refuse to continue to follow this protocol they will be told to leave. If they are an athlete, there will be DQed from the meet.

Running event athletes do not need to wear their mask when they check in. Once they complete their running event and get back to their team tent area, then their mask must be worn. **Field event athletes need to be wearing their mask when they check in to their event.** They may remove their mask when they make their attempt, but once they complete the attempt, they have to put their mask back on while they are waiting for their next attempt.

Meet Protocols

There will be a packet pick up during the coaches meeting. In this packet you will find a copy of the heat sheets. They will also be online at **Milesplit.Live** as well as Flrunners.com on the meet page for this meet. There will be wristbands for the athletes entered in the long, triple and high jump to gain access to the infield.

All calls will be made by event approximately 15 minutes prior to the scheduled start time. Girls will be called first, boys soon after. Field events will be called in the same manner.

Athletes will report to the start line of the event where they will be staged into their lanes. **Make sure your athletes know what heat / flight they are in.**

stickers will be given to athletes in the 800m, 1600m, and 3200m. The final runner for the 4x800 will also be given a number sticker.

When they finish their event, running or field, athletes will exit the gate nearest the finish line. This will be a manned gate to prevent unnecessary entrances.

We will have a coach's box in the jump areas on the infield for coaches of those athletes. No other coaches will be permitted on the infield.

Athletes will not be able to set up tents at the HJ or PV area.

Athletes that are entered must show up for their event and check in. For those that choose not to finish a race or event, please send the athlete to the timing tent to confirm a DNF. Otherwise, it is listed on the results as a DNS, and that athlete is DQed from all events, including relays.

Implement Weigh-in

We will begin weigh-ins for implements beginning at 9:30am. The location is noted on the map included in this packet of information.

**The meet fee will be a flat \$30 per gender or \$60 per team.
Please make all checks payable to Osceola HS, Attn Track & Field.**

**You can mail checks to:
Osceola HS – T&F team
420 S Thacker Ave.
Kissimmee, FL 34741**

We will hold a coaches meeting at 10:30am behind the timing tent for coaches of athletes in field events or 4x800m.

We will hold another coaches meeting at 3pm for coaches that did not attend the first meeting.

(Throws and Jumps will get four attempts.)

2021 FHSAA 4A-3 TRACK & FIELD REGIONAL MEET SCHEDULE		
FIELD EVENTS – Best marks are in the first flight		
Time	Event	Boys/Girls
11:30 AM	Pole Vault	Girls
	Long Jump	Girls & Boys
	High Jump	Girls
	Shot Put	Girls
	Discus	Boys
1:00 PM	Triple Jump	Girls & Boys
	High Jump	Boys
	Shot Put	Boys
	Shot Put Adaptive	Boys
	Discus	Girls
1:30 PM	Pole Vault	Boys
2:30 PM	Javelin	Boys
Upon completion of boys	Javelin	Girls
RUNNING EVENTS – ALL TIMED FINALS – Fastest section runs first		
Time	Event	
12:00 PM	4x800m Relay *	
4:00 PM	100m Hurdles	
4:10 PM	110m Hurdles	
4:20 PM	100m Dash	
4:30 PM	1600m Run *	
4:50 PM	4x100m Relay	
5:05 PM	400m Dash	
5:20 PM	800m Adaptive	
5:35 PM	300m Hurdles	
5:55 PM	800m Run *	
6:20 PM	200m Dash	
6:30 PM	3200m Run *	
7:15 PM	200m Adaptive	
7:20 PM	4x400m Relay	
7:50 PM Team Awards		
*Will run in one section		

