



## Official 2013 Meet Program

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**Parking:** FREE

**Admission:** \$5/Person. Athletes, adult w/coach pass, and children under 4 are free. All others pay.

**Coach Pass:** Provided at registration table. One pass per ten runners (1-10=1, 11-20=2, 21-30=3, etc.)

**T-Shirts: \$15**

For sale in purple and green. Sizes: S, M, L, XL. Athletes names are printed on the back.

**Concessions:** Full concessions stand with variety of snack, meal and drink options by Calvary Christian.

**Live Webcast:** Meet will be live streamed on flrunners.com with a four camera set up and instant replays from the production crew at Calvary Christian. The replay will be available after the meet on flrunners.com

### Awards

Individual awards are given out overall (regardless of team division). However, for team scoring purposes we will split out clubs from schools. A school is defined as all members of the team attending the same school—regardless of how it is named—we check out each one and classify them appropriately.

Individual: 1<sup>st</sup> through 8<sup>th</sup> place medals

Relays: 1<sup>st</sup> through 8<sup>th</sup> place medals for all legs.

School Teams: Top two teams get trophies.

Club Teams: Top two teams get trophies—last year it was only the champion, so we added one.

Awards will not be mailed so you need to pay attention for awards. We will do awards on a rolling schedule in groups, about 30 minutes to an hour after your event is over. So pay attention. The team awards ceremony and last events of the day will be after the last race is over.

# Schedule of Events

## Rain Delay?

The weather is looking questionable and there may be some rain delays. We will announce over the speaker and tweet any updates (follow @flrunners). We will not have a make-up day. We will get done as many events as we can (hopefully all of them) and just delay the start if necessary.

## For your GPS...

Track Address: 110 N McMullen Booth Rd, Clearwater, FL 33759

Hotel Address: 3070 Gulf to Bay Boulevard · Clearwater, Florida 33759

## Friday, May 3 2013

5:00 - 7:00 PM	Track Open for Workouts	Track
5:00 - 7:30 PM	Packet Pick-Up	Hotel Meeting Room
7:00 - 9:30 PM	Dinner on your own	Area Restaurant
9:30 - 10:00 PM	Coaches Meeting	Hotel Meeting Room

## Saturday, May 4 2013

*Times are approximate and events are on a rolling schedule. Please plan accordingly for some scheduling leeway.*

7:00 - 10:00 AM	Packet-Pickup
7:45 AM	Live Webcast Begins
8:00 AM	Girls 3,000 Meter Run
8:00	Girls Long Jump
8:00	Boys High Jump
8:00	Girls Shot Put
8:00	Boys Discus
8:00	Girls Pole Vault
8:00	Boys Triple Jump
8:20 AM	Boys 3,000 Meter Run
9:30 AM	Girls High Jump
9:30	Boys Pole Vault
9:30	Boys Long Jump
9:30	Girls Triple Jump
9:30	Boys Shot Put
9:30	Girls Discus
10:20 AM	Girls 4x400 Meter Relay
10:45 AM	Boys 4x400 Meter Relay
11:00 AM	Girls 100 Meter Hurdles
11:10 AM	Boys 100 Meter Hurdles
11:20 AM	Girls 100 Meter Dash
11:25 AM	Boys 100 Meter Dash
11:30 AM	Girls 1,500 Meter Run
11:50 AM	Boys 1,500 Meter Run
12:05 PM	Girls 4x100 Meter Relay
12:12 PM	Boys 4x100 Meter Relay
12:20 PM	Girls 400 Meter Dash
12:30 PM	Boys 400 Meter Dash
12:40 PM	Girls 800 Meter Run
12:55 PM	Boys 800 Meter Run
1:10 PM	Girls 200 Meter Hurdles
1:20 PM	Boys 200 Meter Hurdles
1:30 PM	Girls 200 Meter Dash
1:40 PM	Boys 200 Meter Dash
1:50 PM	Girls 4x800 Meter Relay
2:05 PM	Boys 4x800 Meter Relay
2:30 PM	Awards Ceremony

# Rules

**USATF Rules:** Unless otherwise stated, USATF 13-14 age group rules apply.

**Scratching Athletes:** There will be no scratch meeting. We will not re-seed heats.

**No Prelims, All Finals:** Winners are determined heats against time. All heats are seeded finals.

**Horizontal Jumps and Throws:** Best of four attempts.

**Heat Seeding:** Fastest heat runs first.

## Uniforms and Team Representation

We are not strict on uniforms being exact. However, athletes on the same team should wear identifying colors and logo/team name. Other than that attire should be appropriate for the event and not overly loose-fitting or bulky. Mind the weather conditions and dress appropriately.

We have no rules against schools competing in or out of uniform. If your school is an FHSAA member it is your responsibility to act within their rules. In general they consider middle school outside of their realm of jurisdiction and are unofficially supportive of this event. But since technically this out of season, FHSAA schools should keep their regulations in mind.

**Jewelry and Accessories:** Nothing that dangles will be allowed. Headbands, Livestrong bracelets, glasses, armbands, watches, etc. are fine.

## Residence/Age/Grade Restrictions

Athletes must be currently enrolled in a state-recognized Florida public, private, or home school and between the 5<sup>th</sup> and 8<sup>th</sup> grades, aged between 10 years and 15 years and 9 months based on the date of the meet. Proof of age may be requested if there is a protest lodged.

## Maximum Number of Events

An athlete may only compete in four events total, whether running event, field or relay leg.

## Opening Heights

Girls High Jump 4'4"    Girls Pole Vault 6'0"    Boys High Jump 5'0"    Boys Pole Vault 7'0"

**Hurdle Heights:** 100 Meters: 30" for girls, 33" for boys. 200 Meters: 30" for boys and girls.

## Hurdle Positions

Girls 100H -- 10 hurdles, 13m to first, 8m intervals, 15m to finish.

Boys 100H -- 10 hurdles, 13m to first, 8.5m intervals, 10.5m to finish.

Boys/Girls 200H – 5 hurdles. 20m to first hurdle, 35m between each, 40m to finish.

## Throw Implements

Shot Put: 6# for girls, 4kg for boys. Discus: 1kg for boys and girls.

The weight should be stamped on the implement and may be weighed at event check-in. Any competitor may use any implement that has been checked in.

### **Shot Put Technique**

Proper shot put technique must be used. Shot must be put from the shoulder with one hand only. The shot should touch or remain in close proximity with the neck or chin. The hand shall not be dropped from this position during the act of putting. The shot must not at any time be brought behind the line of the shoulders. Cartwheeling techniques are not permitted.

### **Being excused from field events**

A fifteen-minute time limit will be granted to field event athletes to check-out to compete in another event. Athletes must sign-out with the head official of that event.

### **Why the altered event order?**

The idea is to run the longest race (3000) under cooler conditions earlier in the morning. Because of that, we needed to flip the 4x400 and 4x800.

### **Why the 1500 and 3000?**

High schoolers and many middle schools usually run the 1600/3200. However, outside of that realm pretty much everyone in the world runs the 1500/3000: USATF, AAU, NCAA, Olympics, and Elite. We decided to be more progressive and international than just sticking to 1600/3200 because of tradition.

### **Unsportsmanlike Conduct**

Absolutely no acts of poor sportsmanship will be tolerated. This includes but is not limited to: profanity; fighting; aggressive and intentional physical contact; being rude to any meet official, athlete, coach, or fan; and throwing of a relay baton.

Respectable celebration is perfectly acceptable. Any celebration should be excessive and should not last more than 30 seconds. It must not interfere or impede any athlete or official, and should not even border on taunting.

The definition of what is unsportsmanlike will be solely at the discretion of meet officials. At the official's discretion athletes and teams may be disqualified from the current (or just completed) event or even ejected from the meet causing forfeit of all remaining events.

The behavior of coaches and parents shall be considered the same as that of the athlete themselves. So any unsportsmanlike behavior by these adults may require the same consequences outlined above.

**Jury of Appeals:** Jason Byrne (flrunners.com), Laura Fredrickson (FLYRA), Rollin Mohler (Calvary Christian), Mike Hill (Elite Timing) and Tammy King Foster (Alpha Omega Track Club).

**Appeals Process:** A head coach must first consult with the meet referee to discuss all potential appeals. If the coach feels the rules have been misapplied or misinterpreted after consulting the referee, a written appeal shall be made to the jury.

**Situations Subject to Appeal:** 1) Misapplication of the rules. 2) Clerical correction or scoring error. 3) Correction of meet results. 4) Athlete eligibility issues. 5) Failure to follow procedure or rules as published and announced by meet director.

**Situations NOT Subject to Appeal:** 1) Any judgment decision pertaining to violation of the rules. 2) Decision made by a timer that does not involve the application of the rules. 3) Whether a start is fair and/or legal. 4) Disqualifications for violence, language, or unsportsmanlike behavior.

## Girls Meet Records

Event	Name	Team	Record	Year
100m	Robin Reynolds	Miami Northwest Express	11.93	2008
200m	Brittney McCord	Perry Middle	24.30	2005
400m	Robin Reynolds	Miami Northwest Express	55.08	2008
800m	Daesha Rogers	American Heritage	2:17.01	2011
1500m	Daesha Rogers	American Heritage	4:43.65	2011
3000m	Emma Rudman	Liza Jackson	10:28.65	2012
100H	Dominique Turner	Unattached (Lake Mary)	14.72	2012
200H	Alyse Rogers	Jacksonville All-Stars	29.09	2008
4x100m		South Florida Starz	48.77	2004
4x400m		South Florida Starz	3:51.30	2004
4x800m		Mac Rollers (Oak Hall)	10:04.93	2012
HJ	Dominique Turner	Unattached (Lake Mary)	5-6	2012
LJ	Adanna Thompson	PK Young	18-03	2009
PV	Lillian VanWinkle	Maclay	10-7	2010
TJ	Darrielle McQueen	North Florida	35-05.5	2009
Shot	Kiera Alexander	Pryor Middle	42-3.5	2011
Discus	Alexa Revord	Unattached	123-03.00	2002

## Boys Meet Records

Event	Name	Team	Record	Year
100m	Bennie Wesley	Unattached	10.75	2010
200m	Amir Rasul	Miami Gardens Express	21.91	2012
400m	Jabari Hill	Unattached	50.31	2010
800m	Joseph Franklin	Team Franklin	2:00.61	2004
1500m	Joseph Franklin	Team Franklin	4:19.27	2004
3000m	Brian Atkinson	HMS	9:24.06	2006
100H	Walter Tucker	American Heritage	13.50	2009
200H	Jamil Mobhair	Overtake Track Club	25.78	2011
4x100m		Miami Gardens Express	43.87	2012
4x400m		Miami Gardens Express	3:27.06	2012
4x800m		Miami Gardens Express	8:40.11	2012
HJ	Jabari Hill	Unattached	6-2	2010
LJ	Tyler Byrd	Gulf Coast Runners	22-6	2012
PV	Kyle Weaver	Maclay	12-06	2009
TJ	Dexter Carter	Bolles	43-3.5	2011

# About the Middle School State Championship

## History of the Meet

Many people are surprised to know how long we've been doing this meet for. It has evolved over the years, but started back in 2002 and has seen some of the state's greatest talent get their big start at this state championship! The original goal was to fill a void for the middle school track community and give those athletes/teams a goal and climax to their season, as well as to enhance competition.

Jason Byrne of flrunners.com is the founder of the event. Last year we merged the meet into a newly formed non-profit called FLYRA (Florida Youth Running Association) whose goal is to promote and grow the sport on the middle school and elementary level.

## Key Goals of the Meet

1. To give these kids, most often ignored and over-shadowed, a chance to shine.
2. To reward them for hard work and provide a culmination point and goal for their season, beyond just in-county.
3. To instill a love of track & field in the next generation of athletes.
4. To provide some unity and standards on the diverse and unorganized system that is middle school track in Florida!

## Key Goals of FLYRA

1. Put on quality middle school championships for cross country and track & field seasons. We feel mission accomplished on this one.
2. Encourage more opportunities for this age level by inspiring or organizing more meets. This has been a big success, but we continue to try to get more meets to start up, those meets to improve their quality, and we are also encouraging more high school meets to add middle school races (especially in cross country).
3. Fund seed grants to help start new middle school programs. We have not yet begun this program, due to lack of funds, but we hope to get there some day.

Though not an officially stated goal, we also hope to evolve the thinking about middle school athletics to county school systems, who often have stood in the way of such programs being viewed as much more than a PE class or have banned inter-county competitions, forcing teams to go underground as clubs or simply not participate. We also hope to see more counties start middle school track & field programs and to potentially work with the FHSAA to put their blessing on our mission. We are also exploring the concept of supporting elementary track & field. Though it is not in our immediate plan to add championships at this level, we certainly encourage more school teams and county championships to spring up!

## How you can help...

Help us spread the word to teams in your area. Also county school systems have not been very supportive at all. Please do what you can to sell them on it and hopefully gain their support.

## Core Meet Staff

Meet Director – Jason Byrne. Athletic Director – Darrell Don. Associate Athletic Director – Rollin Mohler. Timing/Data – Mike Hill and Chris Kail of Elite Timing. Announcer – Gary Cohen. Starter – Barry Greenleaf. Finish Line Official – Dan Epstein. Infield Assistant: Freddie Bullock. Head Field Official – Dave Bryan. Clerk – Chris Wilmington. Packet Pick-Up: Melinda Byrne. Gate/FLYRA Rep: Laura Fredrickson. T-Shirts: Charles and Renee Byrne. T-Shirt Design/Printing: Robert Brown of Twang Studios.