



**2025 FHSAA TRACK & FIELD
1A REGION 3 CHAMPIONSHIP
Northside Christian School
7777 62nd Ave N
St. Petersburg, Florida. 33709
Saturday, May 3rd, 2025**

Region 3-1A Track Coaches,

Congratulation, Athletes and Coaches on your 2025 seasons. We welcome you to Mustang Park and look forward to hosting the 1A Region 3 Championship. Please be sure to read through the following meet information.

Entry Fee

Per FHSAA Guidelines, we will be collecting an entry fee for all teams participating to help cover the costs of hosting this meet. Please make checks payable to Northside Christian School ATTN: TRACK & FIELD. **CHECKS WILL BE DUE NO LATER THAN WEDNESDAY 4/30/2025.** If your check is not processed by then, please bring your checks with you.

You can mail checks to the following:

Northside Christian School 7777 62nd Ave N, St. Petersburg FL, 33709. Attn. to Ben Horne

Entry Fee Schedule:

Team entry fee of \$10 per qualified athlete with a max of \$200 per school.

If you are unable to pay ahead of time, PLEASE take care of your entry fee at the coaches meeting.

Please see the attached schedule for the full schedule of events.

You can also find the FHSAA track specific information in the [FHSAA manual](#). Please also review the [FHSAA Rules Presentation & Season Information](#) from the beginning of the season as a refresher.

All Official FHSAA rankings and results can be found on the Direct Athletics [Florida TFRRS site](#).

Entries (Qualifiers are automatically entered into Regionals)

Athletes that qualify from the District Meet are automatically entered into the Regional Meet. You do not have to complete entries for this meet. For advancing Relays, you may only run any of the eligible athletes you entered into each Relay Pool for the District Meet.

Nothing is official until confirmed by the FHSAA and posted on the [Florida TFRRS website](#).

Spectator Online Tickets

Spectators are allowed to attend, and you can purchase online for \$9 (Parking is free). **Coaches we will also have a on site gate for cash entry, please notify your parents and share the link.**

GoFan Link: [FHSAA 1A Region 3 Gate fee](#)

Here is some other important information for the meet.

PLEASE FEEL FREE TO FORWARD THIS EMAIL TO YOUR ATHLETIC DIRECTOR, ASSISTANT COACHES, ATHLETES AND THEIR PARENTS.

Rules/Instructions:

Athletes not competing must remain outside of the competition area. Once the field events are concluded, PV/Jump coaches will have to leave the competition area.

If they qualified for an individual event for the Regional Meet, they must take a legal start or an attempt in the field event to remain eligible. That event would still count toward their 4-event maximum per meet.

Athletes are only allowed to compete in 4 events. You may not substitute an athlete that is entered into 4 open events out of an open event to add them into a relay. If a competitor participates in more than the allowed events, by rule, they shall forfeit all individual places and points and shall be disqualified from further competition in the meet. In a relay event, the team's relay points and place shall also be forfeited.

Seeding at Region is done by performance at the District meet only. No preference is given to District Champions or sanctioned meet performances.

There will be 24 competitors/relays per event. The 4x800m and 800m will be run in two heats, 17-24 in heat 1 and 1-16 in heat two. The 1600m and 3200m may be run in one heat using a double alley start.

Contestants in excess of the number of places to be awarded who are lapped will be permitted to finish the race, but must move to the outer lanes of the track (lane 3 or beyond).

Athletes will be given a maximum of three throws or jumps in the warm-ups. We will be using one pole vault pit, one high jump pit, one shot put ring, one discus ring, one javelin runway and two long jump/triple jump pits.

In the long jump, triple jump, discus, shot put and javelin, all athletes will get four attempts in the competition.

In the pole vault and high jump, if there is a tie for 2nd place, a jump off will take place at the conclusion of the event.

If you check out of a field event to go to another event, Athletes will be given a 12-minute time limit that begins when the athlete checks out with the official.

Javelins must be transported to and from the event in a case or capped bag (at both ends).

The warm-up area is located outside of the track area. Both, the softball outfield field and Baseball outfield may be used. Hurdles will be provided.

1/4" Pyramid Spikes or smaller ONLY

Opening heights will be the closest height listed that is below the lowest qualified mark from the district meet (one increment lower). The following progression must be used:

Pole Vault*: 1.50, 1.65, 1.80, 1.95, 2.10, 2.25, 2.40, 2.55, 2.70, 2.85, 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95

High Jump:** 1.17, 1.22, 1.27, 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.97, 2.02, 2.07, 2.12, 2.17, 2.22 *the bar will move up in increments of 15cm **the bar will move up in increments of 5cm

Team Scoring & Awards

Individual Events & Relays: 10-8-6-5-4-3-2-1

Team trophies to the top two teams.

Medals for 1st thru 4th place each event. **There will be an awards ceremony at the conclusion of each event at midfield for the top 4 finishers.*

Advancing to State Finals

Auto Qualifiers

Region Champions & Runners-Up will receive automatic bids to the [State Finals](#). The 1A State Finals will be held on Saturday, May 10th at [Hodges Stadium at UNF in Jacksonville](#). All ties must be broken for automatic advancement to the State Meet.

At-large Qualifiers

The next 10 marks/times overall across all regions will advance to the State Finals on an at-large Basis. They will be announced by the FHSAA after all region meets have concluded and declarations of non-consideration have been accounted for. The qualifying list will be posted on the [Florida TFRRS website](#). Once posted, they are final.

Sprinting Events (100, 100/110H, 200, 300H, 400, 4x1)—only times from the Regional Finals will be used (if a tie results in more than 10 and it can't be broken, none of the tied performances will be given an at-large bid)

Vertical Events (HJ, PV)—if there is a tie for at-large bids, the normal tie-breaking procedure (misses at the current height, then if still a tie, total misses in the competition) will be used. If a tie cannot be broken, then all those tied that would lead to more than 10 at-large bids will not advance and there will be less than 10 at-large bids for State.

Other Field Events (SP, DT)—if there is a tie for at-large bids, the normal tie-breaking procedure (next best mark) will be used. If a tie cannot be broken, then all those tied that would lead to more than 10 at-large bids will not advance and there will be less than 10 at-large bids for state.

Other Running Events (800, 1600, 3200, 4x4, 4x8)—all performances from these events are eligible to receive at-large bids. If there is a tie that would lead to more than 10 at-large bids being offered, none of those tied performances will receive at-large bids.

Declaration of Non-Consideration

If an athlete does not want to be considered for an at-large bid, the coach must complete the "[Declaration of Non-Consideration](#)" [google form](#) by 12:00 PM the following day. Automatic qualifiers are not eligible to complete a "Declaration of Non-Consideration".

State Finals Seeding

Non-FAT marks (if any) will be seeded last in all running events. State Finals will be run in a finals-only format. Running heats against time (slowest to fastest) and horizontal field events will have 4 attempts only.

Field Event Officials

The FHSAA are providing officials to run each event. Coach volunteers WILL be necessary and asked to assist those Officials. Our goal is at least 3 teams per field event. You can reach out to Ben.Horne@Ncsschools.com to lock in the event you would like to assist in.

Jury of Appeals

If you would like to be on the jury of appeals, please let us know. We will also ask during the coaches meeting.

A head coach must first consult with the meet referee to discuss all potential appeals. If the coach feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted after consulting with the referee, a written appeal shall be made to the jury. The referee will have the proper appeal form.

Situations subject to appeal include: 1) Misapplication of the rules, which must be filed within 30 minutes of the announcements/posting of results. 2) Correction of clerical or team scoring errors which must be made within 48 hours of the end of the meet. 3) Correction of meet results involving an ineligible participant which may be made at any time when discovered. 4) Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director, such as time schedule or advancement of athletes.

Situations NOT subject to appeal include: 1) Any judgment decision pertaining to violation or alleged violation of the rules. 2) A decision made by the timers that does not involve misapplication of a rule or the terms and conditions of competition. 3) Whether a start is fair and/or legal. 4) Whether an athlete fouled during a field event attempt.

Only official video will be allowed to make decisions related to the meet. Officials are not permitted to review any other video regarding questions about officiating

Weigh-In for Pole Vaulters & Implements

Weigh-in for pole vaulters will take place btw 7:30-9:00 AM behind the restrooms. We will also be conducting an implement inspection for the shot put, discus & javelin. Weigh-in will start at 7:30-9:00 AM and will take place behind the restrooms. Implements that do not pass inspection will be confiscated until the end of the throwing competition.

Team Camps

All tents and team camps must set up on the baseball outfield across from the main competition area. Teams are NOT allowed to set-up in the main competition area/bleachers or softball fields.

Restrooms

Located in the stadium

Athletic Trainers

There will be an athletic trainer located right outside the Team Tent Area throughout the meet.

Inclement Weather

In the event of lightning or inclement weather, please have your team report to your team bus and/or personal vehicles. If you don't have a bus/vehicle present, you will be escorted to either the school cafeteria or gym.

Concessions

There will be food trucks, and other concession items available for purchase at the facility.

Coaches Lunch

We will provide a Lunch in the School Cafeteria. There is a 2 hour block to pick up food and relax from 11:00 am till 1:00 pm.

FHSAA Sportsmanship Message

All track and field officials are required to enforce the sportsmanship rules for all team members. Acts meant to demean or intimidate opposing contestants, teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated. By entering this meet, you are certifying that all of your student-athletes are properly equipped and uniformed according to NFHS and FHSAA Rules and they will, in good faith, do their best to follow the established rules.

Please remind your fans that interscholastic athletics are designed to be educational and character-building. Spectator conduct should reflect that setting.

See you soon!

Ben Horne
Northside Christian School Director & Head Coach - Track & Field
7777 62nd Ave N St. Petersburg FL 33709
Ben.Horne@ncsschools.com

FULL SCHEDULE

6:30 AM – Gates Open for bus drop off

7:30 AM — Pole Vault Weigh-In & Implement Inspection

7:30 AM – Spectator Gate Open

FIELD EVENTS—FOUR JUMPS/THROWS

9:00 AM Girls Pole Vault; Girls/Boys Long Jump; Boys High Jump; Girls Shot Put; Girls Javelin; Boys Discus

11:00 AM Boys Pole Vault; Girls/Boys Triple Jump; Girls High Jump; Boys Javelin; Girls Discus; Boys Shot

RUNNING EVENTS—ALL TIMED FINALS

8:00 AM – 3200 Run * (One section per gender)

12:00 PM – 4x800 Relay **

1:30 PM – 100m Hurdles

1:45 PM—110m Hurdles

2:00 PM – 100m (and Para)

2:30 PM—800 Para

2:45 PM—1600m Run*

3:00 PM—4x100m Relay

3:20 PM—400m (and Para)

3:40 PM—400m Hurdles

3:55 PM—800 Run ** (Two section gender)

4:15 PM—200m Run (and Para)

4:45 PM—4x400m Relay

5:05 PM—Team Awards

Team Bus, Athlete & Spectator Arrival—Direction & Parking Please give these instructions to your bus driver, parents, and athletes. Map

[Northside Christian School](#)

Buses MUST use the Center or East Gate. Buses will drop kids off in front of school and pull around to the east gate to park(See Map).



Campus and Track Layout

