



## 1st Annual Throwcoi Throwdown

Location - Toco Creek High School  
11200 St Johns Pkwy, St. Augustine, FL 32092

Friday, April 5th, 2024

Welcome to the First Annual Throwcoi Throwdown. This event is dedicated to throws, with a specific focus on Javelin, Discus, and Shot Put. Each school is allowed to register up to eight athletes per gender for each event. We will award a Team Champion Belt for both Boys and Girls. The Prelims are scheduled to begin at 3:30 pm, followed by the Finals at 5:00 pm. The top four athletes from each event will compete in a three-mark final for a chance to score additional points for your team.

### Throwcoi Throwdown Entries and Cost

Please make checks payable to: Toco Creek High School Track and Field

Event Entry Max	Individual Entry Fee	Team Entry Fee
8 Athletes/Per Event	\$30/Per Person	\$150/Per Gender

\*Should you exceed the limit for athlete entries, the system will automatically remove the athletes with the lowest mark\*

### Tentative Field Event Minimums

<u>EVENTS</u>	<u>GIRLS</u>	<u>BOYS</u>
SHOT PUT	8.00m	11.50m
DISCUS	23.00m	30.50m
JAVELIN	18.00m	33.00m

\*First Legal Attempt will be measured, all other attempts

under the minimum will not be measured.\*

### **Throwcoi Throwdown Tentative Schedule**

**3:00 pm - Coaches Meeting**

#### **Field Events**

**3:30 pm:**

Discus (Boys followed by Girls)

Shot Put (Girls followed by Boys)

**4:00 pm:**

Javelin (Girls followed by Boys)

#### **Field Event Finals**

**5:00 pm:**

Discus Finals (Boys followed by Girls)

Shot Put Finals (Girls followed by Boys)

**5:45 pm:**

Javelin Finals (Girls followed by Boys)

**\*Award Ceremony immediately following the conclusion of Javelin\***

#### **Meet Details:**

-Once you arrive on campus you will be directed by our parking staff to the correct area. **Please do not enter the bus loop unless you are a bus. Toco Creek's car line begins at 3:50 pm please tell your spectators to arrive before 3:30 or after 4:15 to avoid the car line.**

**\*the bus loop is the farthest lane to the right\***

-Gates open at 2:00 pm

-Spectators must please view the throwing events from the stands or stay behind the roped-off area. Please remind your parents that the only people allowed to cross the ropes are the athletes competing and their coaches.

-Please inform your athletes that they are **only** allowed to be in the Toro Track and Field Stadium/Practice Warm-Up Field. Any athletes found wandering Toco Creek High School will be disqualified from our meet. We have plenty of bathrooms available in our stadium for use.

**Field Access:**

-Athletes are not allowed to jump the fence, they must enter the stadium through check-in. Athletes must check in prior to entering the stadium.

-Please be sure to get enough wristbands for your coaches to access the track and roped-off areas. We will hand them out in the coach's meeting.

**Coaches Tent:**

The Coaches' tent will be located on the track and field stadium. Please feel free to stop by to get snacks and refreshments all day. More details in the coaches' meeting.

Program Director of Track and Field:

Cheyenne Pintar: [cheyennesladepintar@gmail.com](mailto:cheyennesladepintar@gmail.com)

Boys Head Track Coach:

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