

**LPCC 2025 Track Meets**  
**Location: St Petersburg Catholic HS**  
**6333 9th Ave N**  
**St Petersburg, Florida 33710**  
**727-344-4065**

**#1. Wednesday, February 26th - 4:00 pm until about 6:30 pm**

**#2. Wednesday, March 6th - 4:00 pm until about 6:30 pm**

**Be there by 3:45 to warm up if you are running the 100 Meter race. The boys will  
run first in all races. Please arrive early for your races. Thank you!**

**Running Events**

<b>3:55 PM</b>	<b>Athletes Prayer &amp; Pledge of Allegiance</b>	
<b>4:00 PM</b>	<b>Varsity B and G</b>	<b>100 Meter</b>
	<b>JV B and G</b>	<b>100 Meter</b>
<b>4:15 PM</b>	<b>Varsity B and G</b>	<b>1600 Meter</b>
	<b>JV B and G</b>	<b>1600 Meter</b>
<b>5:15 PM</b>	<b>Varsity B and G</b>	<b>400 M Relays (4x100)</b>
	<b>JV B and G</b>	<b>400 M Relays (4x100)</b>
<b>5:30 PM</b>	<b>Varsity B and G</b>	<b>400 Meter</b>
	<b>JV B and G</b>	<b>400 Meter</b>
<b>6:00 PM</b>	<b>Varsity B and G</b>	<b>Medley Relays (100,100,200,400)</b>
	<b>JV B and G</b>	<b>Medley Relays (100,100,200,400)</b>
<b>6:15 PM</b>	<b>Varsity B and G</b>	<b>800 Meter</b>
	<b>JV B and G</b>	<b>800Meter</b>
<b>6:45 PM</b>	<b>Varsity B and G</b>	<b>200 Meter</b>
	<b>JV B and G</b>	<b>200 Meter</b>
<b>7:15 PM</b>	<b>Awarding of the Trophy's after 2nd Meet</b>	

## **2025 Field Event Schedule**

**Location: St Petersburg Catholic HS**

**6333 9th Ave N**

**St Petersburg, Florida 33710**

**727-344-4065**

1. Tuesday, February 25th @ 4:00 PM – be there by 3:45 (to warm-up)

2. Tuesday, March 4th @ 4:00 PM – be there by 3:45 (to warm up)

**Shot Put:** 1 Head Official, 1 Marker and 1 Retriever (SP & SH)

Shot put (JV-6 Lbs) (V-8 Lbs) (1 practice & 3 throws-Metric)

4:00- Shot Put (8lb)	Area 2	Varsity Girls
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4:30- Shot Put (8lb)	Area 2	Varsity Boys
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5:00- Shot Put (6 lb)	Area 2	JV Girls
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5:30- Shot Put (6 lb)	Area 2	JV Boys
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**Javelin Throw:** 1 Head Official, 1 Marker and 1 Retriever (BSS & JN)

Turbo Javelin Throw (JV-400g) (V-600g) (1 practice & 3 throws-Metric)

4:00- Turbo Javelin (400g)	Area 4	JV Boys
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4:30- Turbo Javelin (400g)	Area 4	JV Girls
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5:00- Javelin Throw (600g)	Area 4	Varsity Boys
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5:30- Javelin Throw (600g)	Area 4	Varsity Girls
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**Standing broad Jump:** 1 Head Official and 1 Assistant (SR & PAT)

Standing broad jump (1 practice & 3 jumps-Metric)

4:00- Standing Broad Jump	Area 3	Varsity Boys
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4:30- Standing Broad Jump	Area 3	Varsity Girls
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5:00- Standing Broad Jump	Area 3	JV Boys
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5:30- Standing Broad Jump	Area 3	JV Girls
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**Running Long Jump:** 1 Head Official, 1 Assistant and 2 Pit Rakers (HF & JD)

Running long jump (1 practice & 3 jumps-Metric)

4:00- Running Long Jump	Area 1	JV Girls
4:30- Running Long Jump	Area 1	JV Boys
5:00- Running Long Jump	Area 1	Varsity Girls
5:30- Running Long Jump	Area 1	Varsity Boys

### **Athlete Participation:**

Athletes may only participate in 5 events, No stipulations.

You may enter up to 2 athletes per event in all events, and two relay teams per gender.

The 800 & mile run (1600) is limited to 5 athletes per school.

Running events will allow one false start for the field per heat

Tie breakers – if the longest throw/jump is tied, go back to the next longest throw/jump

Please ask parents not to park in the yards on the east side of 46th street by the soccer field

### **Track color codes:**

**100 meter dash** - white line by numbers, lanes all the way

**200 meter dash** - white line by numbers, lanes all the way

**400 meter dash** – white line by numbers, lanes all the way

**800 meter run** – green line, cut at solid green line

**1600 meter run** – green line, cut at solid green line

**4x1 relay** - white line by numbers, lanes all the way

**Exchange zone** – yellow triangle to yellow triangle

**Medley relay** - white line by numbers, lanes all the way first lap

**Exchange zone** – blue/green triangle to blue/green triangle, 400 will merge

Flags for exchange zones, Cow bell (lap counter)

Winchester .209 blanks for gun (smoke)

Coaches Passes

**Track meet officials and duties**

Head Judge – Colton Tison HF

Clerk of Course – Matt Orr JD & Becky Clark BSCS

Finish Judge/Head Timer – Jacksonville Track Club

Start/Finish Chief – Miguel PAT

Referee – Jody Odom BSCS

Starter/lap counter/bell – Miguel PAT

Announcer – ?

Security – Adam Pepitone SP

Scorer – Shelley BSS

Ribbons – Shelley BSS

Exchange Zones –Lonnie SH, Jodi Odom – BSS

(800, mile, 4x1, Medley)

Collecting money at track meet gate (\$2)– Brian, two St. Paul's volunteers