

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 7:30 pm

#2. Thursday, March 6th - 4:00 pm until about 7:30 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

3:55 PM	Athletes Prayer & Pledge of Allegiance	
4:00 PM	Varsity B and G	100 Meter
	JV B and G	100 Meter
4:15 PM	Varsity B and G	1600 Meter
	JV B and G	1600 Meter
5:15 PM	Varsity B and G	400 M Relays (4x100)
	JV B and G	400 M Relays (4x100)
5:30 PM	Varsity B and G	4 x 400 M Relays
	JV B and G	4 x 400 M Relays
6:00 PM	Varsity B and G	400 Meter
	JV B and G	400 Meter
6:30 PM	Varsity B and G	800 Meter
	JV B and G	800Meter
7:00 PM	Varsity B and G	200 Meter
	JV B and G	200 Meter

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-6&8 Lbs) (1 practice & 3 throws-Metric)

4:00- Shot Put (6lb) Area 2 Varsity Girls

4:30- Shot Put (8lb) Area 2 Varsity Boys

5:00- Shot Put (6 lb) Area 2 JV Girls

5:30- Shot Put (6 lb) Area 2 JV Boys

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

4:30- Turbo Javelin (400g) Area 4 JV Girls

5:00- Javelin Throw (600g) Area 4 Varsity Boys

5:30- Javelin Throw (600g) Area 4 Varsity Girls

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

4:30- Standing Broad Jump Area 3 Varsity Girls

5:00- Standing Broad Jump Area 3 JV Boys

5:30- Standing Broad Jump Area 3 JV Girls

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

ONLY ADs on the field

Cap for events is 11 minutes

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

4x400 relay- white line by numbers, lines all the way. Start staggered.

Exchange zone – yellow triangle to yellow triangle

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 – Eli Sunquist (Jacksonville Track Club)

Start/Finish Chief – Miguel PAT

Referee – Jody Odom BSCS

Starter/lap counter/bell – Michael St. John

Announcer – ?

Security – Adam Pepitone SP

Scorer – Mark SR

Ribbons – Shelley BSS

Exchange Zones –Mark SH, Jodi Odom – BSS

(800, mile, 4x1, Medley)

Collecting money at track meet gate (\$2)– Brian, two St. Paul’s volunteers or 2 volunteers from each school for each event.