

LPCC 2024 Track Meets

Location: St Petersburg Catholic HS

6333 9th Ave N

St Petersburg, Florida 33710

727-344-4065

#1. Wednesday, February 21st - 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

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	400 Meter
	JV B and G	400 Meter
6:00 PM	Varsity B and G	Medley Relays (100,100,200,400)
	JV B and G	Medley Relays (100,100,200,400)
6:15 PM	Varsity B and G	800 Meter
	JV B and G	800Meter
6:45 PM	Varsity B and G	200 Meter
	JV B and G	200 Meter
7:15 PM	Awarding of the Trophy's after 2nd Meet	

2024 Field Event Schedule

Location: Sacred Heart School 7951 46th Way North, Pinellas Park

1. Tuesday, February 20th @ 4:00 PM – be there by 3:45 (to warm-up)

2. Tuesday, March 5th @ 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

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

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 – Matt Orr JD

Clerk of Course – Lilli Kunnen HF & Morgan Humphrey JN

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 meets

February 21th ?

March 6th ?