

# THE SUNSHINE SPECTACULAR AND TORO TWILIGHT

## Sunshine Spectacular

### FHSAA Sanctioned Meet

|                                                                                                        |                                                                                                                                                                                                                     |
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| <b>Date:</b>                                                                                           | <b>Saturday, March 28, 2026</b>                                                                                                                                                                                     |
| <b>Location:</b><br><br><b>NOTE: Times are subject to change based on number of teams and entries.</b> | Tocoi Creek High School<br>11200 St. Johns Parkway<br>St. Augustine, FL. 32092<br><b>Busses may begin arriving on campus at 10:45am (will be directed to park in the bus loop, adjacent to the stadium)</b>         |
| <b>Meet Director:</b>                                                                                  | Patti Hupp                                                                                                                                                                                                          |
| <b>Contact:</b>                                                                                        | patricia.hupp@stjohns.k12.fl.us                                                                                                                                                                                     |
| <b>Timing Company:</b>                                                                                 | JAC Timing/Contact: elisunquist@gmail.com                                                                                                                                                                           |
| <b>Team Entry Fee</b>                                                                                  | \$300/team (B/G) Single gender: \$200/team<br>Individual athlete: \$60/athlete<br>Checks can be made out to: Tocoi Creek High School to address above ("Track & Field" in the memo) <b>Please note school name.</b> |
| <b>Ticket Prices for Spectators:</b>                                                                   | \$10/person Spectators 5 & under: FREE<br>Tickets may be purchased on GOFAN                                                                                                                                         |
| <b>Tent City:</b>                                                                                      | Tents can be set up behind home bleachers as well as on the grass on the west end of the track. No tents permitted in the grass surrounding the horizontal jumps/pole vault area.                                   |

### Meet Information

|                                                                                                              |                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Coaches Meeting:</b>                                                                                      | <b>12:00 PM (at the finish line)</b>                                                                                                                                                            |
| <b>Implement Weigh-In:</b>                                                                                   | <b>11:15 AM – 12:15 PM</b> (at the throws area)                                                                                                                                                 |
| <b>Awards:</b>                                                                                               | Champions of each event (including the thrower and coach relays) will receive a meet patch donated by PRBlocks track club                                                                       |
| <b>Athlete Check-In:</b>                                                                                     | <b>Running:</b> At the Clerk's tent by the second call.<br><b>Field:</b> At the event site 30 minutes prior to start.                                                                           |
| <b>Advancement:</b>                                                                                          | Top 8 verified times from prelims (100/110H, 100m, 200m, 400m) advance to finals.                                                                                                               |
| <b>Field Events:</b><br><b>NOTE: Depending on entries, jumps may move to cafeteria style to move quickly</b> | All field events are finals. Athletes receive four (4) attempts. Field entries are limited to 4 athletes/school/gender. Minimum standards are posted below and must be verified marks in TFRRS. |
| <b>Event Order:</b>                                                                                          | All running events will be competed with Girls first, followed by Boys.                                                                                                                         |
| <b>Premiere Mile:</b>                                                                                        | The 1600m (Mile) is the premiere event. It will be seeded into three tiers. These will be seeded after                                                                                          |

|                      |                                                                                                                                                                                                                            |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                      | the close of entries into... • <b>Open Heats:</b> Run during Session 1. • <b>Invite Heat:</b> The fastest heat, run during Session 2. • <b>Elite Heat:</b> A seeded, premiere heat run as the featured event of the night. |
| <b>400/400H/800M</b> | Top 8 seeded verified times for 400/400H. In the 800, Invite heat number will be determined by number of entries. (not to exceed 24 athletes)                                                                              |

## Official Meet Schedule Session 1: Field Events & Running Preliminaries

| Time                                               | Event                           | Gender | Stage             | Notes                                                                                           |
|----------------------------------------------------|---------------------------------|--------|-------------------|-------------------------------------------------------------------------------------------------|
| <b>All times TBD, based on entries APPROX. 1PM</b> | <b>Field Events - Session 1</b> |        | <b>Final</b>      | 4 Attempts                                                                                      |
|                                                    | Girls Long Jump                 | Girls  | Final             |                                                                                                 |
|                                                    | Boys Triple Jump                | Boys   | Final             |                                                                                                 |
|                                                    | Girls Discus                    | Girls  | Final             |                                                                                                 |
|                                                    | Boys Shot Put                   | Boys   | Final             |                                                                                                 |
|                                                    | Girls Pole Vault                | Girls  | Final             |                                                                                                 |
|                                                    | Boys High Jump                  | Boys   | Final             |                                                                                                 |
|                                                    | Girls Javelin                   | Girls  | Final             |                                                                                                 |
|                                                    | <b>Running Events Begin</b>     |        |                   |                                                                                                 |
|                                                    | 4x800m Relay                    | G/B    | <b>Final</b>      |                                                                                                 |
|                                                    | 100m Hurdles                    | Girls  | Prelims           | Top 8 advance                                                                                   |
|                                                    | 110m Hurdles                    | Boys   | Prelims           | Top 8 advance                                                                                   |
|                                                    | 100m Dash                       | G/B    | Prelims           | Top 8 advance                                                                                   |
|                                                    | 1600m Run (The Mile)            | G/B    | <b>No advance</b> | <b>Open Heats</b>                                                                               |
|                                                    | 4x100m Relay                    | G/B    | <b>Final</b>      |                                                                                                 |
|                                                    | 400m Dash                       | G/B    | No advance        | All heats except invite heat                                                                    |
|                                                    | 400m Hurdles                    | G/B    | <b>No advance</b> | All heats except Invite                                                                         |
|                                                    | 800m Run                        | G/B    | <b>No advance</b> | All heats except Invite                                                                         |
|                                                    | 200m Dash                       | G/B    | Prelims           | Top 8 advance                                                                                   |
|                                                    | 3200m Run                       | G/B    | <b>No advance</b> | All heats except Invite. Please enter athletes with reasonable times (not to exceed 15 minutes) |
| <b>To begin following</b>                          | <b>Field Events -</b>           |        | <b>Final</b>      | 4 Attempts                                                                                      |

| session 1 field | Session 2         |       |       |  |
|-----------------|-------------------|-------|-------|--|
|                 | Boys Long Jump    | Boys  | Final |  |
|                 | Girls Triple Jump | Girls | Final |  |
|                 | Boys Discus       | Boys  | Final |  |
|                 | Girls Shot Put    | Girls | Final |  |
|                 | Boys Pole Vault   | Boys  | Final |  |
|                 | Girls High Jump   | Girls | Final |  |
|                 | Boys Javelin      | Boys  | Final |  |

\*\*\*\*\*BREAK AND TOCOI CREEK SENIOR CELEBRATION\*\*\*\*\*

## ***Toro Twilight***

### **Session 2: Evening Finals Spectacular: Toro Twilight**

| Time    | Event                          | Gender                                                                 | Stage               | Notes                                    |
|---------|--------------------------------|------------------------------------------------------------------------|---------------------|------------------------------------------|
| 6:00 PM | National Anthem                |                                                                        |                     |                                          |
| 6:05pm  | COACHES 4x100                  | M/W (one female coach required. All coaches must be minimum age of 20) |                     | Relay will count toward team score       |
| 6:10 PM | Running Finals Begin           |                                                                        | Final               |                                          |
| 5:55 PM | 100m Hurdles                   | Girls                                                                  | Final (Top 8)       |                                          |
| 6:05 PM | 110m Hurdles                   | Boys                                                                   | Final (Top 8)       |                                          |
| 6:15 PM | 100m Dash                      | G/B                                                                    | Final (Top 8)       |                                          |
| 6:30 PM | 1600m Run (The Mile)           | G/B                                                                    | Final (Invite Heat) |                                          |
| 6:50 PM | 400m Dash                      | G/B                                                                    | Final (Top 8)       |                                          |
| 7:05 PM | 400m Hurdles                   | G/B                                                                    | Final (Invite Heat) |                                          |
| 7:20 PM | 800m Run                       | G/B                                                                    | Final (Invite Heat) |                                          |
| 7:35 PM | 200m Dash                      | G/B                                                                    | Final (Top 8)       |                                          |
| 7:50 PM | 3200m Run                      | G/B                                                                    | Final (Invite Heat) |                                          |
| 8:15 PM | Premiere Event: The Elite Mile |                                                                        | Final               | "Under the Lights"                       |
| 8:15 PM | 1600m Run (The Mile)           | Girls                                                                  | Final (Elite Heat)  |                                          |
| 8:25 PM | 1600m Run (The Mile)           | Boys                                                                   | Final (Elite Heat)  |                                          |
| 8:35 PM | 4x400m Relay                   | G/B                                                                    | Final               |                                          |
|         | THROWS Relay                   |                                                                        |                     | Must be entered as a thrower in the meet |

|         |                             |  |  |  |
|---------|-----------------------------|--|--|--|
| 8:55 PM | Team Awards<br>Presentation |  |  |  |
|---------|-----------------------------|--|--|--|

\*\*\*\*\*FIELD MINIMUM LISTED IN CHART ON FOLLOWING PAGE\*\*\*\*\*

**FIELD EVENT MINIMUMS**  
(must be TFRRS verified)

| Event       | Girls | Boys   |
|-------------|-------|--------|
| Long Jump   | 4.60  | 5.85m  |
| Triple Jump | 9.0m  | 11.50m |
| Pole Vault  | 2.0m  | 2.70m  |
| High Jump   | 1.68m | 1.27m  |
| Shot        | 8.5m  | 10.0m  |
| Disc        | 25.0m | 29.0m  |
| Javelin     | 23.0m | 30.0m  |