



FHSAA 4A District 15 Track & Field Championship

Hosted at: John A. Ferguson Senior High School
15900 SW 56th Street, Miami FL 33185
Saturday – April 20th, 2013

The Competing Teams:

John A. Ferguson, Lourdes Academy, Miami Sunset, South Miami, Southwest Miami

Entry Information:

Registration: Four (4) competitors or one (1) relay team per event.

Register on: Flrunners.com by **Saturday – April 13th, @ 11:59pm**

Meet Page on Flrunners: <http://fl.milesplit.com/meets/128204>

Heat Sheets: Will be emailed to all coaches by Tuesday, April 16th.

Meet Information:

- * There is a \$6.00 Spectator Admission Fee, as stipulated by the FHSAA, with exception to competitors and coaches. Venue admission for the spectators will not begin until 8:30am.
- * All athletes must be wearing their team uniform for entry; or they must pay the Admission.
- * Each school should provide Coach Raposo with a list of their Coaching Staff and any team managers, no more than two (2) per school, to avoid having to pay the Admission Fee.
- * Check in for each event will begin two (2) events prior to that event being run.
- * Check in will be done with the Clerk of the Course located at the south end of the track.
- * All preliminary results will be posted on the west dugout wall of the softball field.
- * The trainer, Linette Lam- Ferguson HS, will be located by the northern gate of the track.
- * The GMAC officiating crew will provide all meet referees, starters, and event judges.
- * Concessions (food and drinks) will be located near the south bleachers of the softball field.
- * There are two (2) port-a-potties available at the south end of the facility, just past the jumping pits, for all teams and spectators to use. There is no access to the school for restrooms!

Meet Director: Ryan Raposo – Head Track & Field Coach, John A. Ferguson HS

Meet Manager: Kelvin Justice – Athletic Director, John A. Ferguson HS

Meet Timing: Bob Zell / Larry Wooten – Track Timing & Data Management Company

Meet Schedule:

- 8:30am- Coaches Meeting (at the finish line by the timing tent).
- 9:00am- Girls and Boys 4x800m Relay Finals
- 9:30am- Start of Field Events (more information on the following page).
- 11:30am- Start of Preliminary Running Events:
 - 100m / 110m Hurdles, 100m Dash, 400m Dash, 300m Hurdles, 200m Dash
- ~1:15pm- Start of Running Finals:
 - 100m/110m Hurdles, 100m Dash, 1600m Run, 4x100m Relay, 400m Dash, 300m Hurdles, 800m Run, 200m Dash, 3200m Run, 4x400m Relay

Meet Regulations:

- * For preliminary events with two (2) heats, the top two (2) in each heat and the next four (4) fastest finishers will move on to the running finals. For preliminary events with three (3) heats, the heat winner and the next five (5) fastest times will advance to the running finals.
- * If there are eight (8) or fewer competitors entered in an event, that event will become an automatic final without preliminary heats. The 4x100m Relay is an automatic final.
- * The 800m Run will be contested in two (2) heats; the faster heat contested second, unless there are less than sixteen (16) competitors in the event. Then there will only be one (1) heat.
- * Lapped competitors in the 1600m / 3200m Runs can finish their race, but must run in lane 3.
- * The top four (4) finishers in all events (individual and relay) will advance to the FHSAA 4A Region 4 Championship on Wednesday, April 24th @ Traz Powell Stadium. After the conclusion of each event, these athletes will be announced on the infield awards stand.
- * Field Event judges will allow 4x800m relay competitors up to ten (10) minutes to report to their field event(s) for competition after the completion of their relay race.
- * Field Events judges will allow athletes up to eight (8) minutes to check-in and out from their field events while competing in another field event that is being conducted at the same time.
- * Field Event Finals will be conducted immediately following the preliminary flights. The top eight (8) throwers / horizontal jumpers must return for three (3) more throws / jumps. Jump-offs for 1st and 4th place are required for vertical jumping events; no ties.
- * If there are eight (8) or fewer competitors in a throwing or horizontal jumping event, the event will become an automatic final with only four (4) throwing / jumping attempts.

Field Events @ 9:30am: Boys Long Jump, Boys Pole Vault, Boys Shot Put, Girls Triple Jump, Girls High Jump, Girls Discus

Field Events @ 10:30am: Girls Long Jump, Girls Pole Vault, Girls Shot Put, Boys Triple Jump, Boys High Jump, Boys Discus

Event / Area Responsibilities:

- * GMAC officials will help judge all events; schools should aid officials in the events listed:

Long Jump – South Miami **Triple Jump** – Southwest, **High Jump** – Lourdes, **Discus** – Sunset, **Shot Put, Pole Vault, Hurdle Crew** – Ferguson, **Relay Exchange Zones** – GMAC Officials

Meet Scoring & Awards:

Girls Scoring: Top five (5) places score for all individual events: 8-6-4-2-1 points.
Top four (4) places score for the relay events: 8-6-4-2 points.

Boys Scoring: Top five (5) places score for the individual events: 6-4-3-2-1 points.
Top three (3) places score for the relay events: 6-4-2 points.

The Champion and Runner-up Boys and Girls teams will receive trophies.
FHSAA ribbons will be awarded to the top eight finishers in each event.

Jury of Appeals:

Tammy Foster – Lourdes, Eldridge Mitchell – South Miami,
Alex Shaw and Eric Castaing – Sunset, Donna Nieto – Southwest

If you have any questions or issues, please contact:

Coach Ryan Raposo, Ferguson HS @ 305-788-4232