



Miami-Dade County Fair & Expo

Track & Field Championship

Saturday - March 18th, 2017 **Hosted by:** Ransom Everglades School
Meet Location: Tropical Park – 7900 SW 40th Street, 33155

How To Register:

- All athletes must be registered online on the Flrunners.com (Florida Runners) website.
Online Registration link: <http://fl.milesplit.com/meets/258342/registration>
- First, **all Elite athletes** should be registered in the Elite division, unlimited entries.
- Second, **all Regular athletes** should be registered in the Regular division, two (2) per event.
- Last, **all Consolation athletes** should be registered in the Consolation races, unlimited entries.

IMPORTANT: If you do not see one of the three registration divisions listed when registering your athletes, please click the link on right hand side stating: **Edit Divisions Entered**. Please make sure your team is correctly entered into all three divisions: Elite, Regular, and Consolation.

2017 Entry Method Information:

as of Monday, March 6th, 2017

Regular Division entries:

- In the same format as 2016, all teams are allowed two (2) individual entries and one (1) relay.
- > Regular entries are for the following events: 100m, 200m, 400m, 100/110h, 300h, 4x100m, 4x400m, 4x800m, Long Jump, Triple Jump, Shot Put, & Discus. All regular entries are accepted.

Elite Division entries:

- In the same format since 2013, teams will be allowed additional entries other than the regular entries based on minimum performance (elite) standards. Elite entries are unlimited per event.
- > Certain events are Elite only: High Jump, Pole Vault, 3200m, and now the 1600m and 800m.
- > **All Elite entries will have verified cut-off marks/times**. If athletes do not meet these marks, their entry will be **rejected**. Please register athletes without marks/times in the Regular division.

Consolation Division entries:

- In the same format since 2014, teams will be allowed additional entries (unlimited) for the 1600m and 800m runs. There are no cut-offs for the consolation events, all entries are accepted.
- > Consolation races are open races (non-scoring, but officially timed) for young, or JV type, athletes to get an opportunity to compete at a big meet. These races are during the field events, and are NOT the slower heats of the regular competition. All of these athletes must be registered.

Minimum Performance Standards for Elite Division Entries:

- Please remember that all entries entered in the **Elite division** must have met the minimum performance standards listed below. **All Elite entries will be verified using the Flrunners database, otherwise they will be rejected.** Please do not enter an athlete that does not have a verified mark in the Elite division because they will be **rejected** and not allowed to compete.
- Please registered all non-verified athletes in the **Regular division** where there are no cut-offs.

Elite Division Field Cut-offs:

| | <u>Girls Mark:</u> | <u>Boys Mark:</u> |
|-------------------------|--------------------|-------------------|
| Triple Jump | 9.00m / 29' 6" | 11.60m / 38' 0" |
| Long Jump | 4.50m / 14' 9" | 5.80m / 19' 0" |
| High Jump (Elite only) | 1.32m / 4' 4" | 1.63 / 5' 4" |
| Pole Vault (Elite only) | 1.98m / 6' 6" | 2.59m / 8' 6" |
| Shot Put | 8.50m / 27' 10" | 11.30m / 37' 0" |
| Discus | 23.00m / 75' 5" | 32.0m / 105' 0" |

Elite Division Running Cut-offs:

| | <u>Girls Time:</u> | <u>Boys Time:</u> |
|------------------------|--------------------|-------------------|
| 100m Dash | 13.30 | 11.50 |
| 200m Dash | 27.20 | 23.20 |
| 400m Dash | 1:04.50 | 54.00 |
| 800m Run (Elite only) | 2:40.00 | 2:10.00 |
| 1600m Run (Elite only) | 6:10.00 | 4:55.00 |
| 3200m Run (Elite only) | 13:30.00 | 11:30.00 |
| 100/110m Hurdles | 20.50 | 19.50 |
| 300m Hurdles | 54.50 | 47.00 |

- For any athletes not meeting the Elite division cut-off times for the 1600m and/or 800m runs, please remember to enter them into the Consolation division where there are no cut-off times.
- **Note:** Entries for the field events on flrunners should be entered in feet and inches, **not** meters.

For any questions, comments, or concerns, please contact:

Meet Director: Coach Mike Becker, Ransom Everglades @ mbecker@ransomeverglades.org

All updated meet information can be found here: <http://fl.milesplit.com/meets/258342>