



# Miami-Dade County Fair & Expo

## Track & Field Championship

**Saturday - March 17th, 2018**      **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/296616/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.

### 2018 Entry Method Information:

**as of Thursday, March 8th, 2018**

#### **1) Elite Division entries:**

- In the same format since 2013, teams will be allowed unlimited entries for all athletes that meet the minimum performance (Elite) standards which are listed on the next page (updated for 2018).
- > Certain events are Elite only: High Jump, Pole Vault, 3200m, 1600m, and the 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.

#### **2) Regular Division entries:**

- In the same format since 2015, 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.

#### **3) 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"	10.97m / 36' 0"
Long Jump	4.34m / 14' 3"	5.72m / 18' 9"
High Jump ( <u>Elite only</u> )	1.27m / 4' 2"	1.63 / 5' 4"
Pole Vault ( <u>Elite only</u> )	1.83m / 6' 0"	2.59m / 8' 6"
Shot Put	8.00m / 26' 3"	11.30m / 37' 0"
Discus	23.00m / 75' 5"	33.53m / 110' 0"

### Elite Division Running Cut-offs:

	<u>Girls Time:</u>	<u>Boys Time:</u>
100m Dash	13.30	11.55
200m Dash	27.50	23.50
400m Dash	1:04.00	54.00
800m Run ( <u>Elite only</u> )	2:40.00	2:09.00
1600m Run ( <u>Elite only</u> )	6:15.00	4:55.00
3200m Run ( <u>Elite only</u> )	13:20.00	11:25.00
100/110m Hurdles	22.00	19.50
300m Hurdles	58.00	46.50

- 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:** If you have any conflicts with athletes not meeting certain standards, i.e. an elite 1600m athlete that does not have an official 3200m time, but you wish to run that athlete in the 3200m run, then please contact Coach Raposo ([ryanraposo@gmail.com](mailto:ryanraposo@gmail.com)) to justifiably enter that athlete.

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

**Meet Director:** Coach Mike Becker, Ransom Everglades @ [mbecker@ransomeverglades.org](mailto:mbecker@ransomeverglades.org)

**Flrunners Administrator:** Coach Ryan Raposo, TT&DM @ [ryanraposo@gmail.com](mailto:ryanraposo@gmail.com)

**All updated meet information can be found here:** <http://fl.milesplit.com/meets/296616>