

7th ANNUAL CITY of MIRAMAR INVITATIONAL ANSIN SPORTS COMPLEX

Saturday, March 14th, 2015

FACILITY

The City of Miramar has a state-of-the-art facility in the Ansin Sports Complex. The Complex was complete with a 24-acre park features an FTX Mondo running track surface identical to the 2008 Olympic Track in Beijing, along with a 9,000 square foot community center. The facility including the running track, hurdles, high jump, pole vault, long jump, triple jump, discus, hammer, javelin and shot areas are IAAF Certified. The Complex is a perfect host for local, regional, national and international competitions and meets.

MEET OPERATION

Athletes must check-in one hour before the event is scheduled to go off. Please pay close attention to the schedule and advise your athletes to do the same. If you notice, there was a cut off time for meet entry, we had to set a standard that **will** be honored the following year; however, we were more lenient this year.

AWARDS / SCORING/OPERATION

There **will** be team scoring and **ONLY ONE RELAY WILL SCORE AND MEDAL**. There will be individual awards and overall team trophies given. **FIELD EVENTS WILL HAVE 4 (FOUR) ATTEMPTS ONLY (5 ENTRIES/SCHOOL/EVENT & 2 RELAYS/SCHOOL/EVENT) ALL FIELD EVENTS FINALS BY MARK (TOP 3 FINISHERS).**

MEET CONDUCT

Field events will be run as finals against mark. All field events, except high jump and pole vault, will be contested in flights with four (4) attempts. **FHSAA rules will be in effect (ATHLETES MUST REMOVE ALL JEWELRY AND ELECTRONIC DEVICES BEFORE ENTERING THE CLERK TENT). COACHES ARE NOT ALLOWED IN THE CLERKS TENT OR INFIELD OR YOUR TEAM WILL BE DISQUALIFIED.**

ENTRY INFORMATION

Entries must be submitted through Direct Athletics (www.directathletic.com). **Registration Deadline is March 10, 2015 at 11:59PM. ENTRY FEES ARE AS FOLLOWS: \$75.00 per team (boys/girls teams separate)/ \$25.00 single athlete (boys & girls): Make checks payable to: CITY OF MIRAMAR**

WARM – UP AREAS

All warm-ups and competition prep **must** be conducted on the 200m warm-up track area. Please be present with your athlete in the warm-up area when practicing shot put and discus.

IMPLEMENT WEIGH – IN

All Implements (with the exception of the pole which will be checked at the pole vault area) must be checked-in at the designated times – at **8:15am – 8:45am** at the Implement Weigh-In Area, located right at the entrance of the track & field facility on the right hand side as you enter the gate. Uncertified implements will be impounded and released following the completion of the Meet.



2015 7th Annual City of Miramar Invitational

Schedule of Events

March 14, 2015 @ 9:30AM

Packet Pick-Up from 3PM – 9PM on Thursday and Friday

Implements and weigh-in between 8:30AM – 9:00AM

Coaches Meeting @ 9:00AM

**** PLEASE NOTE: POLE VAULT BEGINS AT 9:00AM ****

SCHEDULE OF EVENTS

***Field Events 4 Attempts (5 Entries/School/Event & 2 Relays/School/Event) ***

NOTE: ONLY ONE RELAY WILL SCORE AND ONE RELAY WILL MEDAL

All Field Events Final by Mark (Top 3 Finishers)

<u>Event</u>	<u>Time</u>	<u>Order</u>
Pole Vault	9:00AM	Girls/Boys
Long Jump	9:30AM	Girls/Boys
Discus	9:30AM	Boys/Girls
High Jump	9:30AM	Girls/Boys
Triple Jump	9:30AM	Boys/Girls
Shot Put	10:00AM	Girls/Boys

Running Events Prelims (Rolling Schedule) **FASTEST TIMES ADVANCE TO THE FINALS**

<u>Event</u>	<u>Time</u>	<u>Order</u>
4x800 Meter Relay (Timed Final)	11:00AM	Girls/Boys
100/110 Meter Hurdles	Rolling Schedule	Girls/Boys
100 Meter Dash	Rolling Schedule	Girls/Boys
4x200 Meter Relay (Timed Final)	Rolling Schedule	Girls/Boys
4x100 Meter Relay	Rolling Schedule	Girls/Boys
400 Meter Dash	Rolling Schedule	Girls/Boys
300 Meter Hurdles	Rolling Schedule	Girls/Boys
200 Meter Dash	Rolling Schedule	Girls/Boys

****Please don't forget to check the results board for top finishers and awards. Thank you! ****

****Meet Results can be found on www.halfmiletiming.com****

****SCHEDULE MAY BE SUBJECT TO CHANGES****



2015 7th Annual City of Miramar Invitational

Schedule of Events
March 8, 2014 @ 9:30AM

Coaches Meeting at 9:00AM

Implements and weigh-in between 8:45AM – 9:00AM

*****Running Events *Finals by Time* (Rolling Schedule) Top 3 Times Medal*****

NOTE: ONLY ONE RELAY WILL SCORE AND ONE RELAY WILL MEDAL

(Finals will begin an Hour after Preliminary)

Event	Time	Order
100/110 Meter Hurdles	Rolling Schedule	Girls/Boys
100 Meter Dash	Rolling Schedule	Girls/Boys
1600 Meter Run	Rolling Schedule	Girls/Boys
4x100 Meter Relay	Rolling Schedule	Girls/Boys
400 Meter Dash	Rolling Schedule	Girls/Boys
300 Intermediate Hurdles	Rolling Schedule	Girls/Boys
800 Meter Run	Rolling Schedule	Girls/Boys
200 Meter Dash	Rolling Schedule	Girls/Boys
3200 Meter Run	Rolling Schedule	Girls/Boys
4x400 Meter Relay	Rolling Schedule	Girls/Boys

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