

# MIRAMAR RELAYS ANSIN SPORTS COMPLEX

SATURDAY, MARCH 12<sup>th</sup>, 2016

## 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. There will be individual awards and overall team trophies given.

**FIELD EVENTS WILL HAVE 4 (FOUR) ATTEMPTS ONLY (3 ENTRIES/SCHOOL/EVENT & 1 RELAY/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 four attempts. **FHSAA rules will be in effect (ATHLETES MUST REMOVE ALL JEWELRY 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](http://www.directathletic.com)). Registration Deadline is March 9, 2016 at 11:59pm

### **ENTRY FEES ARE AS FOLLOWS:**

\$75.00 per team (men & women teams are separate)

\$25.00 single athlete (men & women)

Make checks payable to: **CITY OF MIRAMAR**

## WARM – UP AREAS

All warm-ups and competition prep **must** be conducted at 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 Saturday 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.



# 2016 Miramar Relays

## \*Schedule of Events\*

### Saturday, March 12, 2016 @ 9:00 AM

Coaches Meeting at 8:30AM, Implements and weigh-in between 8:15 – 8:45 AM

**Registration (3 Entries/School/Event & 1 Relay/School/Field Events 4 Attempts, Final by Time and Mark Afternoons Session will resume @ 12:30 PM \*\*TOP EIGHT TIMES ADVANCE TO THE FINALS\*\***

#### \*\*\*Field Events (Rolling Schedule)

Event	Time	Order
Long Jump	9:00 AM	Girls/Boys
Triple Jump	10:30 AM	Boys/Girls
High Jump	10:00 AM	Girls/Boys
Shot Put	9:00 AM	Girls/Boys
Discus	11:00 AM	Boys/Girls
Pole Vault <b>Starting Height 7'</b>	9:00 AM	Girls

#### \*\*\*Running Events (Rolling Schedule)

Event	Time	Order
4x800 Meter Relay <b>*Time Final</b>	9:00 AM	Girls/Boys
100/110 Meter High Hurdles <b>*Preliminary</b>	Rolling Schedule	Girls/Boys
100 Meter Dash <b>*Preliminary</b>	Rolling Schedule	Girls/Boys
1600 Meter Run <b>*Time Final</b>	Rolling Schedule	Girls/Boys
4x100 Meter Relay <b>*Preliminary</b>	Rolling Schedule	Girls/Boys
400 Meter Dash <b>*Preliminary</b>	Rolling Schedule	Girls/Boys
Distance Medley Relay 1200m, 400m,800m,1600m <b>*Time Final</b>	Rolling Schedule	Girls/Boys
4x 200 Meter Relay <b>*Preliminary</b>	Rolling Schedule	Girls/Boys
300 M Intermediate Hurdles <b>*Preliminary</b>	Rolling Schedule	Girls/Boys
200 Meter Dash <b>*Preliminary</b>	Rolling Schedule	Girls/Boys

#### \*\*AFTERNOONSESSION (Finals will begin an Hour after Preliminary)

Event	Time	Order
Pole Vault <b>Starting Height 9'</b>	12:30 PM	Boys
100/110 Meter High Hurdles	Rolling Schedule	Girls/Boys
100 Meter Dash	Rolling Schedule	Girls/Boys
3200 Meter Run	Rolling Schedule	Girls
4x100 Meter Dash	Rolling Schedule	Girls/Boys
400 Meter Dash	Rolling Schedule	Girls/Boys
4x200 Meter Dash	Rolling Schedule	Girls/Boys
Sprint Medley Relay (200m,200m,400m, 800m)	Rolling Schedule	Girls/Boys
300 Meter Intermediate Hurdles	Rolling Schedule	Girls/Boys
200 Meter Dash	Rolling Schedule	Girls/Boys
3200 Meter Run	Rolling Schedule	Boys
4x400 Meter Dash Relays	Rolling Schedule	Girls/Boys
<b>TEAM AWARD PRESENTATION</b>	<b>TEAM AWARD PRESENTATION</b>	<b>TEAM AWARD PRESENTATION</b>

\*\*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](http://www.halfmiletiming.com)\*\*

**\*\*SCHEDULE MAY BE SUBJECT TO CHANGE\*\***