



Miami-Dade County Fair & Expo Track & Field Championship

Tropical Park – 7900 SW 40th Street, 33155
Saturday - April 6th, 2019

How to Register:

- **Registration is on Flrunners.com:** <https://fl.milesplit.com/meets/336240/registration>
- All teams should sign-up for the following divisions: **Elite**, **Regular**, and **Consolation**.
- Only teams with adaptive athletes should sign up for the **Wheelchair** division.
- When registering your athletes if you do not see one of the registration divisions listed above, please click the link on right hand side stating: **Edit Divisions Entered**.

2019 Entry Method Information: as of Tuesday, March 19th, 2019

1) Elite Division entries:

- First, all athletes that meet a minimum performance standard should be registered. The performance standards are listed on the following page and have been updated for 2019.
- There are unlimited entries in the Elite Division; all entries will be verified.
- Please register athletes without marks/times in the Regular division.
- > Certain events are Elite only: High Jump, Pole Vault, 3200m, 1600m, and the 800m.

2) Regular Division entries:

- Next, all remaining athletes and relays should be registered in the Regular division.
- There are two (2) individual entries and one (1) relay per event; all entries are accepted.
- > Regular entries are for the following events: 100m, 200m, 400m, 100/110h, 300h, 4x100m, 4x400m, 4x800m, Long Jump, Triple Jump, Shot Put, and Discus.

3) Consolation Division entries:

- Last, all remaining 1600m and 800m runners should be registered.
- There are unlimited entries in the Consolation Division; all entries are accepted.
- > Consolation races are non-scoring, but are officially timed. These races are meant for young / JV 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.
- > Please do NOT register athletes in both the 1600m and 800m Consolation races as they occur back-to-back which results in many No Shows; please choose one event per athlete.

Minimum Performance Standards for Elite Division Entries:

- 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.** If any unverified marks/times are entered in the Elite division they will be rejected.
- Register all non-verified athletes in the Regular division where there are no cut-offs.
- For athletes not achieving the Elite division cut-off times for the 1600m and 800m runs, please enter them into the Consolation division where there are no cut-off times.

Elite Division Field Cut-offs:

	<u>Girls Mark:</u>	<u>Boys Mark:</u>
Long Jump	4.87m / 16' 0"	5.94m / 19' 6"
Triple Jump	9.60m / 31' 6"	11.73m / 38' 6"
High Jump (<u>Elite only</u>)	1.37m / 4' 6"	1.63m / 5' 4"
Pole Vault (<u>Elite only</u>)	1.83m / 6' 0"	2.74m / 9' 0"
Shot Put	9.14m / 30' 0"	12.49m / 41' 0"
Discus	27.43m / 90' 0"	35.05m / 115' 0"

Elite Division Running Cut-offs:

	<u>Girls Time:</u>	<u>Boys Time:</u>
100m Dash	13.10	11.40
200m Dash	27.20	23.20
400m Dash	1:04.00	53.00
800m Run (<u>Elite only</u>)	2:35.00	2:07.00
1600m Run (<u>Elite only</u>)	5:55.00	4:50.00
3200m Run (<u>Elite only</u>)	13:00.00	10:30.00
100/110m Hurdles	19.50	19.50
300m Hurdles	54.00	46.00

* Please do NOT have athletes compete under someone else's name! *

* If you have a conflict with an athlete not meeting a certain standard, 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 (listed below) to register that athlete *

* Due to multiple instances by one school at the 2018 competition, if any coach is found to have athletes competing under false names in order to be placed in an Elite Division that coach / school will be banned from the Youth Fair competition for one year *

For any questions or registration issues please contact:

Meet Director / Flrunners Admin: Coach Ryan Raposo, ryanraposo@gmail.com

Dade County Youth Fair Meet Page: <https://fl.milesplit.com/meets/336240>