



## ST. THOMAS AQUINAS TRACK AND FIELD RAIDERS

### The 2017 Regional 4A 3, 4 Track and Field Meet April 27<sup>th</sup>

**Principal**

Denise Aloma

**Athletic Director**

George Smith  
George.smith@aquinas-sta.org  
954-327-2181

**Meet Director/Contacted person**

Alex Armenteros  
aateros@yahoo.com  
954-665-8027

**Host School**

ST. Thomas Aquinas High School  
2801 SW 12<sup>th</sup> Street  
Ft. Lauderdale, FL. 33312  
954-581-0700

**Site:** Ansin Sports Complex

10801 Miramar Blvd, Miramar, FL 33025

**Timing Company:** TBA**Meet Officials:** Broward and Dade Officials**FHSAA: Rules****Admission:** \$7.00**Jury of Appeals/Schools**

Christopher Columbus Catholic High  
Fort Lauderdale High  
G. Holmes Braddock High  
Royal Palm Beach High  
Vero Beach High

**Alternate Jury of Appeals/Schools**

ST Thomas Aquinas High

**Coaches Help**

All schools will be assigned to a field event along with officials and volunteers. Let me know ahead of time if you are interested in a particular event. I plan on having a conference call on April 25<sup>th</sup> at 8:00pm, to log in to the conference call dial (866) 655-1934 code 88038640. Forward me you Please keep in mind this meet is for the athletes, assist me by making it as smooth as possible.

## FHSAA 4A-3 and 4A-4 Regional Championships

Thursday, April 27, 2017 @ Ansin Park, Miramar, FL

### TIME

### FIELD EVENT SCHEDULE

9:00am

Coaches meeting in side Ansin Sport Complex meeting room

#### **Running and Field Event Adaptive if needed 200m Prelim, 800m Finals**

10:00am

4 x 800 Relay – 4A-3 4A-4 (Girls) 1 Heat R3 Girls, 1 Heat R4 Girls  
4 x 800 Relay – 4A-3 4A-4 (Boys) 1 Heat R3 Boys, 1 Heat R4 Boys

Discus – 4A-3 BF1 / 4A-4 BF1 / 4A-3 BF2 / 4A-4 BF2  
Shot Put – 4A-4 GF1 / 4A-3 GF1 / 4A-4 GF2 / 4A-3 GF2

Long Jump – 4A-3 (Girls) Pit 1 Followed by the Triple Jump  
Long Jump – 4A-4 (Girls) Pit 2 Followed by the Triple Jump  
Long Jump – 4A-3 (Boys) Pit 3 Followed by Long Jump 4A-4 (Boys) Pit 3  
Followed by the Triple Jump

High Jump – 4A-4 Followed by 4A-3 (Girls) Followed by the boys  
High Jump – 4A-3 Followed by 4A-4 (Boys)

Pole Vault – 4A-3 Followed by 4A-4 (Girls) Followed by the boys  
Pole Vault – 4A-3 Followed by 4A-4 (Boys)

Triple Jump – 4A-3 (Girls) Pit 1  
Triple Jump – 4A-4 (Girls) Pit 2

Triple Jump – 4A-3 (Boys) Pit 1  
Triple Jump – 4A-4 (Boys) Pit 2

Discus – 4A-3 GF1 / 4A-4 GF1 / 4A-3 GF2 / 4A-4 GF2  
Shot Put – 4A-4 BF1 / 4A-3 BF1 / 4A-4 BF2 / 4A-3 BF2

**2:00pm**

**RUNNING EVENT PRELIM SCHEDULE**

100 Meter Hurdles – 4A-3/4A-4 (Girls)  
110 Meter Hurdles – 4A-3/4A-4 (Boys)

100 Meters – 4A-3/4A-4 (Girls)  
100 Meters – 4A-3/4A-4 (Boys)

4 x 100 Relay – 4A-3/4A-4 (Girls)  
4 x 100 Relay – 4A-3/4A-4 (Boys)

400 Meters – 4A-3/4A-4 (Girls)  
400 Meters – 4A-3/4A-4 (Boys)

300 Hurdles – 4A-3/4A-4 (Girls)  
300 Hurdles – 4A-3/4A-4 (Boys)

200 Meters – 4A-3/4A-4 (Girls)  
200 Meters – 4A-3/4A-4 (Boys)

**6:00pm**

**RUNNING EVENT FINALS SCHEDULE**

100 Meter Hurdles – 4A-3/4A-4 (Girls)  
110 Meter Hurdles – 4A-3/4A-4 (Boys)

100 Meters – 4A-3/4A-4 (Girls)  
100 Meters – 4A-3/4A-4 (Boys)

1600 Meters – 4A-3/4A-4 (Girls)  
1600 Meters – 4A-3/4A-4 (Boys)

4 x 100 Relay – 4A-3/4A-4 (Girls)  
4 x 100 Relay – 4A-3/4A-4 (Boys)

400 Meters – 4A-3/4A-4 (Girls)  
400 Meters – 4A-3/4A-4 (Boys)

300 Hurdles – 4A-3/4A-4 (Girls)  
300 Hurdles – 4A-3/4A-4 (Boys)

800 Meters – 4A-3/4A-4 (Girls) 1 Heat R3 Girls, 1 Heat R4 Girls  
800 Meters – 4A-3/4A-4 (Boys) 1 Heat R3 Boys, 1 Heat R4 Boys

200 Meters – 4A-3/4A-4 (Girls)  
200 Meters – 4A-3/4A-4 (Boys)

3200 Meters – 4A-3/4A-4 (Girls)  
3200 Meters – 4A-3/4A-4 (Boys)

4 x 400 Relay – 4A-3/4A-4 (Girls)  
4 x 400 Relay – 4A-3/4A-4 (Boys)

Team Awards Presentations