

# 2026 The Ellis Elite 16 Track and Field Invitational

Saturday, March 7<sup>th</sup>

Site: Ansin Sports Complex

Host School: St. Thomas Aquinas High School

**Principal**

Dr. Denise Aloma

**Athletic Director**

Twan Russell  
Twan.russell@aquinas-sta.org  
954-327-2181

**Meet Director/Contacted person**

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

The Elite 16 Track and Field Invitational concept is designed to incorporate two meets in one, with the main event featuring the top 16 athletes in each event. It includes both Elite and Emerging Elite athletes. Emerging Elite athletes are those who do not qualify for the top 16 fastest times, jumps, and throws. This event offers a great opportunity for these athletes to still compete alongside others at a similar competitive level. The main event will showcase the Elite 16 athletes in each event who have posted the top marks entering the meet.

**Rules:**

**Running:**

Athletes Entry Three (3)

**Field Event: Will have a cut off mark**

Athletes Entry three (3)

Emerging elite three (3) attempts

Elite four (4) attempts

**Site: Ansin Sports Complex**

**Awards:** First Place Team Trophy, Outstanding Male and Female athlete trophy, 1<sup>st</sup> place Trophy, 2<sup>nd</sup> and 3<sup>rd</sup> Medals

**Entry Fee:** \$150 per team, \$300 for Boys & Girls. **Make the check to: ST. Thomas Aquinas**

**Registration:** Direct Athletic, registration ends on **Tuesday March 3<sup>rd</sup>, at 11:59PM.**

**Meet Officials:** Broward and Dade Track and Field Official.

**Timing Company:** Track Timing and Data Management

**Spectators: East Bleachers**

**Admission for athletes, coaches, and workers**

\* **Athletes** must have a uniform, and a wristband for free admission no exceptions.

\* **Coaches and workers** will have wristband to come and go as they wish.

**Coaches Meeting: Thursday March 5<sup>th</sup>, at 7:00pm. Zoom**

**Schedule**

**7:00AM Gate Open**

**7:30-8:15 Implement weigh in**

**8:00AM: 3200m** Elite 16 Girls followed by the top Elite 16 Boys. Emerging Elites girls followed by Emerging Elite boys.

**9:00AM: Field Events** Elite 16 athletes get 4 jumps, 4 throws, the rest of the field will get 3 attempts **with a cut off mark.**

Long Jump Girl starting with Elite 16 – Emerging Elite followed by Triple Jump

Long Jump Boys starting with Elite 16 – Emerging Elite followed by Triple Jump

Shot Put Girls starting with Elite 16 – Emerging Elite followed by followed by Discus

Discus Boys starting with Elite 16 – Emerging Elite followed by Shot Put

Pole Vault Girl followed by the Boys

High Jump Girls followed by the Boys

**11:00AM:** 4 X 800M Relay Both G/B Elite 16 Girls followed by the top Elite 16 Boys.

Emerging Elite Girls followed by Emerging Elite Boys.

**1:00PM:** Javelin Girls starting with Elite 16 – Emerging Elite followed by the Boys. 11:30AM-12:00PM Javelin weigh in.

**The time is tentative, based on the number of teams**

**12:00PM: Running Emerging Elite Finals**

100M Hurdles	Girls
110M Hurdles	Boys
100M Dash	Both G/B
800M	Both G/B
4 X 100M Relay	Both G/B
400M Dash	Both G/B
400M Hurdles	Both G/B
200M Dash	Both B/G
1600M	Both B/G1
4 X 400M Relay	Both G/B

**TBA See below Running Elite 16 Finals**

100M Hurdles	Girls
110M Hurdles	Boys
100M	Both G/B
800M	Both G/B
4 X 100M Relay	Both G/B
400M Dash	Both G/B
400M Hurdles	Both G/B
200M	Both G/B
1600M	Both G/B
4 X 400M Relay	Both G/B

**The Elite 16 Finals will start 30 to 45 minutes after the emerging elite 4 X 400m relay.**