

GMAC Invitational

Meet Information

When: Friday, March 6, 2026
Where: Traz Powell Stadium
11380 NW 27th Avenue
Miami, FL 33147
Director: Latoya Williams
Officials: GMAC Track & Field Officials
Head Referee: Debra Davis
Timer: Mariana Carter – Track Timing & Data Management
Announcer: TBA

NOTE: PLEASE REVIEW INFORMATION CAREFULLY AND PLAN ACCORDINGLY.

Meet Type: FHSAA High School Qualifying Meet open to all FHSAA member schools.

Registration: All teams must register via DirectAthletics. Registration closes Friday, February 27, 2026 @ 11:59pm.

Entry Fee: \$150.00 per gender, per school (\$300 if both boys and girls teams are competing); \$25.00 per student-athlete for teams of fewer than six (6) athletes. Boys and Girls Teams are considered separate teams.

Entry Fee Deadline: Deadline is February 27, 2026. Entry fees must be mailed or delivered to the GMAC Office – 9040 SW 79th Avenue – Miami, Florida 33156. All entry fees must be processed via school/business check, money order or cashier's check. Write out checks to the Greater Miami Athletic Conference. No personal checks will be accepted. *CASH NOT ACCEPTED!* Entry not received timely will result in the team being omitted from the meet.

Event Entries: All event entries must be completed in DirectAthletics. Schools are allowed four (4) entries per event. Each school may enter one team for relays (4x100; 4x400; 4x800). Individual student-athletes may be entered in a total of four (4) events. Qualifying standards will be used.

Registration for Adaptive Student-Athletes should be emailed to:

mmt171@hotmail.com and/or ryanraposo@gmail.com

Athletic Trainers: Certified high school athletic trainers will be available to assist student-athletes in front of the field house. Hydration stations will be available near the finish line and near clerk of course. Each school is encouraged to bring med kits to include additional tape should student-athletes require special needs.

NOTE: All registration issues should be emailed to Marianna Carter and/or Ryan Raposo to resolve:
mmt171@hotmail.com and/or ryanraposo@gmail.com

Qualifying Standards – This information is subject to change with proper notification to schools.

| | <u>Old Standards:</u> | | <u>New Standards:</u> | |
|-----------------------|-----------------------|--------------|-----------------------|---------------|
| | <u>Boys</u> | <u>Girls</u> | <u>Boys</u> | <u>Girls</u> |
| Running Events | | | | |
| 100m | 11.5 | 13.18 | 11.75 | 14.00 |
| 110/100m H | 17.11 | 18.82 | 19.00 | 20.00 |
| 200 | 23.27 | 22.27 | 25.00 | 30.00 |
| 400H | 01:00.0 | 01:15.1 | 1:08.00 | 1:20.00 |
| 400m | 52.38 | 61.72 | 53.50 | 1:08.00 |
| 800m | 02:12.3 | 02:42.5 | 2:15.00 | 2:55.00 |
| 1600m | 04:58.6 | 06:28.1 | 5:15.00 | 6:50.00 |
| 3200m | 11:49.6 | 14:37.0 | 12:00.00 | 15:00.00 |
| Field Events | Boys | Girls | Boys | Girls |
| HJ | 1.62m | 1.42m | 1.57m / 5-02 | 1.32m / 4-04 |
| PV | 2.7m | 1.67m | 2.59m / 8-06 | 1.67m / 5-06 |
| LJ | 6.04m | 4.572m | 5.79m / 19-0 | 4.26m / 14-0 |
| TR | 11.35m | 8.9m | 10.36m / 34-0 | 7.92m / 26-0 |
| Shot | 11.39m | 8.8m | 10.97m / 36-0 | 7.62m / 25-0 |
| Discus | 31.8m | 27.25m | 27.43m / 90-0 | 21.33m / 70-0 |
| Javelin | 33.3m | 22.02m | 27.43m / 90-0 | 18.28m / 60-0 |

Meet Schedule

10:00am - Coaches Meeting in the East Locker Room

10:15am - Implement / Vaulters Weigh-ins in the West Locker Room

10:30am - 4x800m Relay FINAL

10:45am - Field Event athletes check-in and warm-ups / run-throughs

11:00am - Field Events (4 attempts FINAL)

Girls Pole Vault (Boys to Follow)

Girls & Boys Long Jump

Girls & Boys Triple Jump – Immediately following Long Jump

Girls Discus (Boys to Follow)

Boys Shot Put (Girls to Follow)

Boys High Jump (Girls to Follow)

Girls Javelin (Boys to Follow) – Immediately following Discus/Shot Put

ROLLING SCHEDULE

2:30pm - Running Events (TIMED FINALS)

Girls 100m Hurdles

Boys 110m Hurdles

Girls & Boys 100m Dash

Girls & Boys 4x200m Relay

Girls & Boys 1600m Run

Girls & Boys 4x100m Relay

Girls & Boys 400m Dash

Girls & Boys 400m Hurdles

Girls & Boys 800m Run

Girls & Boys 200m Dash

Girls 3200m Run - One (1) section

Boys 3200m Run - One (1) section

Girls & Boys 4x400m Relay

Awards presented after each concluding event. Team champion and runner-up will follow the 4x400m Relay.