

JV Meet at Lakewood Ranch

DATE: Wednesday, March 4, 2026

LOCATION: Lakewood Ranch High School, 5500 Lakewood Ranch Blvd, Bradenton, FL 34211

MEET MANAGER: Bill Zarrella. **CONTACT:** kathi1818@aol.com or 941-726-0179

ENTRY FEES:

- \$260 per school
- Cash or checks payable to: Lakewood Ranch High School Track
- Mail check to: Lakewood Ranch High School Track, **Attn: Coach Bill Zarrella**, 5500 Lakewood Ranch Blvd, Bradenton, FL 34211
- **Payments must be received by mail or hand delivered before you will be invited to do your entries on Direct Athletics.** Meet is limited to first 15 paid teams. Please see invoice on page 3 for your bookkeeper.

ENTRIES:

- **5 entries per event, one relay per school**
- Entries will be on **DirectAthletics.com**

SCHEDULE:

- 3:45 p.m. – coaches' meeting at finish line/timing tent – one coach minimum per school, please.
- 4:15 p.m. – javelin, long jump, high jump, shot put, discus
- 4:30 p.m. – 4x800m relay
- 5:30 p.m. – running finals

TRACK RESTRICTIONS:

- Only 1/8 and 1/4 inch pyramid spikes allowed. **NO NEEDLES**, please.
- No coaches on the infield, please, unless you are timing athletes in the current event on the track. When coaches congregate near the timing tent or finish line that results in athletes on the infield near the timer. Only those athletes who are warming up should be on the north end of the field and no athletes should be near the timing tent on the south end of the field.
- Teams are not allowed to bring grills or any type of cooking devices.
- All team camps will be near the visitor (east) stands. Please keep spectators and family members out of the team camp area.

FIELD EVENTS ORDER:

- Three efforts in all jumps and throws. All finals. Check in at designated areas upon arrival.
- Long jump both boys and girls simultaneously.
- Shot put girls and discus boys then the reverse at the conclusion of each.
- High jump girls followed by boys.
- Javelin open pit across the street from the track in the field near MTC.
- Pole vault and triple jump will **not** be offered at this meet.

RUNNING FINALS ORDER (All finals, no prelims. Girls followed by boys in each event.): 100m HH, 110m HH, 100m, 1600m, 4x100m Relay, 400m, 800m, 200m, 4x400m Relay. (Note: 3200m and 400m IH will **not** be offered at this meet.)

Athletes must check in with the clerk at the mid field tent at FIRST CALL. Please let your athletes know this. Please do not let them get disqualified. Clerk will be at mid field in the warm up area.

FIELD EVENT ASSIGNMENTS:

- Girls Long Jump – TBD
- Boys Long Jump – TBD
- High Jump – TBD
- Shot Put – TBD
- Discus – Lakewood Ranch
- Javelin – TBD

4x100 RELAY EXCHANGE ZONES:

Zone 1: TBD and TBD

Zone 2: TBD and TBD

Zone 3: TBD and TBD

JURY OF APPEALS: TBD

AWARDS:

- Team trophies for 1st and 2nd place – girls and boys
- Individual ribbons for top 3 in each event to be picked up by each athlete near home stands and stadium entrance.

TEAM/ATHLETE INFO:

- All teams set up on the visitor stands (east) side of the stadium.
- No athletes in the home stands. No spectators in the team area.
- Warm up area is the north side of infield area (opposite high jump end).
- **No electronics on infield or in any competition area per FHSAA rules.** Please remind them so they do not get disqualified.
- A trainer will be on site.
- PLEASE CLEAN UP YOUR TEAM AREA. TRASH CANS PROVIDED.
- Concession stand will be open.
- No water will be provided for athletes. Please bring all your own water.
- All athletes must clear the infield as soon as their event is completed.

FHSAA OFFICIAL & STARTER: Tom Orehowsky

TIMING & SCORING: Elite Timing and Event Management

Please see page 3 if you need an invoice for your bookkeeper. Thank you.



Lakewood Ranch High School
Track & Field
5500 Lakewood Ranch Blvd
Bradenton, FL 34211

INVOICE

Bill to:

DATE	INVOICE
1/3/2026	TF20260304

Description	Quantity	Rate	Amount
March 4, 2026 – JV Track & Field Meet at Lakewood Ranch entry fee	1	\$260	\$260.00
Balance			\$260.00

Please mail check payable to:

**Lakewood Ranch High School
Track & Field
Attn: Coach Bill Zarrella
5500 Lakewood Ranch Blvd
Bradenton, FL 34211**

Once payment is received, you will be invited to do your entries on Direct Athletics.

Entries are due on DA by 3/1/26.

Thank you!