

BROWARD ELITE ATHLETIC CLUB INDOOR/OUTDOOR PRESEASON SHOWCASE

SATURDAY, JANUARY 25TH, 2020
JOSEPH C. CARTER PARK--FT. LAUDERDALE

We had to change our regular venue at Calvary to Carter Park in Ft. Lauderdale (1/10/20)

ENTRIES DUE: DIRECT ATHLETICS BY FRIDAY, JANUARY 24TH AT 5:00 PM
ENTRY FEE: \$25 PER ATHLETE, PAID ONLINE

<https://www.directathletics.com/meets/track/64381.html>
<https://fl.milesplit.com/meets/377646/info>

Hosted by Broward Elite Athletic Club (www.browardeliteathleticclub.com)

This meet is open to all ages. Everyone is welcome to participate!
No school uniforms allowed.

YOU MUST PAY ONLINE AT THE TIME OF ENTRY

WALK-UP REGISTRATION: \$45 PER ATHLETE

Event Schedule

11:00 AM—Packet pick-up

12:00 PM—Field Events start

2:00 PM—Running Events start on rolling schedule

12:00 PM—Pentathlon begins (60m Hurdles—Shot Put—Long Jump—High Jump—800/1000m)

Pentathlon events will compete with regular events, except for 800m/1000m.

Field Events

Round One—Long Jump, Javelin, Shot Put, Hammer* (Weight throw)

Round Two (after Round One)—Discus, Triple Jump

Round Three (after Triple Jump)—High Jump

***Hammer/Weight is Invitational only (must be approved by Jim Griffin: 954-299-7333)**

Hammer will be thrown off site, invitational only!

Running Events

40 yd. Dash

800m

60m Hurdles (30", 33", 39" & 42")

60m

1600m

4x100m Relay

400m

300m

3200m

800 (Pentathlon)

1000m (Pentathlon)

200m

Location

Carter Park

1450 West Sunrise Blvd.

Ft. Lauderdale, FL 33311

Meet Director: Paul Baur, Broward Elite Athletic Club & Pine Crest School
954-579-9448, paulbaur13@gmail.com