

THE
ELLIS ELITE



TRACK & FIELD
INVITATIONAL



Sponsored by Kendall Ellis

The Ellis Elite 16 Track and Field Invitational

Revised Meet Information Updated 03/03/23

Saturday, March 4th 2023
Site: Traz Powell Stadium

Host School: St. Thomas Aquinas High School
Sponsored by: Kendall Ellis

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

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: Traz Powell Stadium.

Awards: First Place Team Trophy, Outstanding Male and Female athlete trophy, 1st place Trophy, 2nd and 3rd Medals
Entry Fee: \$125 per team \$250 for Boys & Girls, three or less athletes entry fee will be \$70. Make the check to: The Ellis Effect, LLC

Registration: Direct Athletic, registration ends on **Tuesday February 28th, at 11:59PM.**

Meet Officials: Broward and Dade Track and Field Official.

Timing Company: Gun Lap Timing

Spectators: East Bleachers

Admission for Spectators: \$10.00

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 2nd, at 8:00pm. 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 8 – Emerging Elite followed by Triple Jump
Long Jump Boys starting with Elite 8 – Emerging Elite followed by Triple Jump
Shot Put Girls starting with Elite 8 – Emerging Elite followed by followed by Discus
Discus Boys starting with Elite 8 – Emerging Elite followed by Shot Put
Pole Vault Girl followed by the Boys **Pole Vault Girls Starting height 8'0", Boys 10'0"**
High Jump Girls followed by the Boys **High Jump Girls Starting height 4'6", Boys 5'8"**

10:30AM: 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 8 – Emerging Elite followed by the Boys. 11:30AM-12:00PM Javelin weigh in.

1:00PM: 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/G
4 X 400M Relay	Both G/B

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
1600M	Girls
200M	Both G/B
1600M	Boys
4 X 400M Relay	Both G/B

The Elite 16 Finals will start 30 minutes after the emerging elite 4 X 400m relay, It will be a rolling schedule.

THE ELLIS ELITE MEET RECORDS

Boys Event	Mark	Athlete	School	Year
100m	10.57	Da'marcus Fleming	Miami Northwestern	2020
200m	21.20	Da'marcus Fleming	Miami Northwestern	2020
400m	47.51	Mekhi Gammons	Hialeah Miami Lakes	2022
800m	1:55.52	Rushane Miller	Dillard High	2020
1600m	4:28.35	Julian Rodriguez	Belen Jesuit Preparatory	2022
3200m	9:41.17	Joshua Ruiz	Belen Jesuit Preparatory	2022
110m H	14.17	Vincent Flegeance	Cardinal Gibbons	2020
300m H	37.26	Tyler Drew	St. Thomas Aquinas	2020
High Jump	2.07m/6'9.5"	Marselle Jackson	Cardinal Gibbons	2020
Pole Vault	4.60m/15'1"	Sam Mrky	Cardinal Gibbons	2020
Long Jump	6.61m/21'8.25"	Kyvon Tatham	Pembroke Pines Charter	2020
Triple Jump	13.65m/44'9.5"	Kalil Murphy	McArthur High	2020
Shot Put	16.50m/54'1.75"	Noah Harman	Niceville	2022
Discus	51.65m/169'5"	Massimo Grisotto	Niceville	2022
Javelin	55.31m/181'5"	Aidan Boyd	Niceville	2022
4X100m	41.74	T. Brown, J. Sharpe, D. France, D. Fleming	Miami Northwestern	2020
4X400m	3:18.58	T. Smith, K. Mack, R. Miller, R. Jean	Dillard High	2020
4X800m	7:58.90	G. Carty, I. Joseph, J. Gammage, K. Mack	Dillard High	2020

Girl Event	Mark	Athlete	School	Year
100m	11.63	Jayda Bushay	Miami Northwestern	2022
200m	24.09	Jayda Bushay	Miami Northwestern	2022
400m	56.31	Samantha Kavanagh	Northeast	2022
800m	2:10.78	Lauren McGaffic	Miami Country Day	2020
1600m	5:02.24	Valerie Lastra	Mater Academy	2020
3200m	11:09.77	Rebecca Bergnes	Braddock High	2020
100m H	13.53	Skye Tolbert	Niceville	2022
300m H	41.95	Markalah Hart	St. Thomas Aquinas	2020
High Jump	1.57m/5'1.75"	Natalia Madison / Leyanis Armenteros-Castillo	Dwyer High/ ST Thomas	2020/22
Pole Vault	3.66m/12'0"	Skye Tolbert / Lilly Chouinard	Niceville / Niceville	2022
Long Jump	5.66m/18'7"	Amaya Jeanite	Oxbridge Academy	2022
Triple Jump	11.18m/36'8"	Emani Perry	Miami Northwestern	2022
Shot Put	14.00m/45'11.25"	Megan Hague	Niceville	2022
Discus	42.89m/140'8"	Summer Mosley	Miami Northwestern	2020
Javelin	35.79m/117'5"	Megan Hague	Niceville	2022
4X100m	46.41	N. Smith, A. Glasco, E. Chatfield, Z. Kelsey	St. Thomas Aquinas	2020
4X400m	3:51.63	J. Brown, E. Chatfield, A. Glasco, C. Johnson	St. Thomas Aquinas	2020
4X800m	9:22.04	C. Coleman, K. Roberts, C. Langston, S. Nevers	Dillard High	2020

TEAM SCORES

2020	Boys Rank	Team	Scores	Coach
	1	St Thomas Aquinas	184.66	Alex Armenteros
	2	Miami Northwestern	129	Baso Bain

2020	Girls Rank	Team	Scores	Coach
	1	Miami Northwestern	236.5	Carmen Jackson
	2	St Thomas Aquinas	154	Alex Armenteros

2022	Boys Rank	Team	Scores	Coach
	1	St Thomas Aquinas	118	Alex Armenteros
	2	Belen Jesuit Prep	102	Victor Arrieta

2022	Girls Rank	Team	Scores	Coach
	1	Niceville	116.5	Todd Brigman
	2	Miami Northwestern	95	Carmen Jackson

OUTSTANDING ATHLETE AWARD

2020	OUTSTANDING MALE ATHLETE	School	Year
	Da'marcus Fleming	Miami Northwestern	Sr.

2020	OUTSTANDING FEMALE ATHLETE	School	Year
	Markalah Hart	Miami Northwestern	Sr.

2022	OUTSTANDING MALE ATHLETE	School	Year
	Chris Johnson	Dillard HS	Jr.

2022	OUTSTANDING FEMALE ATHLETE	School	Year
	Megan Hague	Niceville HS	Sr.