



Guy Thomas Memorial Classic
Dunbar High School
Friday & Saturday, March 24th –25th

Meet Contact:

Head Track Coach: Joe Addison (joeead@leeschools.net)

Distance Coach: Ray Romero (rayhr@leeschools.net)

Cost: \$150 per Gender/ \$250 for both teams (**Please send payment prior to meet**)

Officials: 13 State officials will be on-site

PARTICIPANTS: Each team is limited to 4 athletes per running event and 3 per field event. Entries must be entered into Directathletics.com by **Tuesday, March 21st @ 11:00 PM**. You will not be able to add athletes at the meet!!

Packet Pickup: Packet pickup will be available when gates open at 8:00am. You will be able to pick up packet during coaches meeting at Clerk of the Course tent. Coaches meeting will be conducted on the football field.

Check-in Procedures: Runners must check-in at least 30 minutes before the scheduled start time of event. Athletes should have their bib with them when they check in. 15 minutes prior to event, all runners must report to the staging area.

AWARDS: Medals will be given to the top 3 athletes in each event. A Team Champion and Runner-up Trophy will be awarded to the boys' and girls' team. A boys and girls MVP trophy will be awarded. Please remain after the meet to receive team awards.

FIELD EVENTS: Four attempts will be given for the LJ, TJ, SP, and Discus. **Three attempts will be given to Javelin participants.** We will mark first legal attempt then have a minimum for the remaining attempts. All field events will be run as finals. Weigh-ins will be conducted Friday from 8:00am-11:00am

Field Event Cut-Off Marks & Starting Heights: (Subject to change)

Girls:

Long Jump: 15-0 / 4.57m

Triple Jump: 31-0 / 9.45m

Shot Put: 29-0 / 8.45m

Discus: 80-0 / 24.39m

High Jump: 4-4 / 1.32m

Pole Vault: 6-0 / 1.83m

Javelin: 77-0 / 23.47

Boys:

Long Jump: 19-0 / 5.79m
Triple Jump: 38-0 / 11.58m
Shot Put: 38-0 / 11.58m
Discus: 100-0 / 30.48m
High Jump: 5-4 / 1.64m
Pole Vault: 8-0 / 2.44m
Javelin: 100-0 / 30.48

Meet Itinerary

PRELIM FRIDAY

8:00 A.M. Track Open

8:00-9:45 A.M Implement Weigh-In

9:40 A.M. Coaches Meeting (Not Mandatory) Packet Pick-up

10:00 A.M. Field Events/4x800m

Shot Put Finals- Boys/Girls Ran Simultaneously (Boys on practice field/Girls across from pole vault) (**Adaptive to follow**)

High Jump Finals- Simultaneously

Long Jump Finals- Ran Simultaneously (Boys Home Side/Girls Visitor's Side)

Pole Vault Girls/Boys

4x800m

Friday 1:00 P.M.

Field Events

Triple Jump Finals (Ran Simultaneously) (Boys on home side)

Boys Discus (Practice Field)

Girls Javelin (Softball Field) Adaptive to follow)

11:00 A.M. Running Prelims: (Rolling Schedule)

Coach Guy Thomas Girls 100m Hurdles

Coach Guy Thomas Boys 110m Hurdles

100m Girls/Boys

True Mile Girls/Boys (Slower Heats)

25min Officials Break

400m Girls/Boys

400mh Girls/Boys

800m Girls/Boys (Slower Heats) (Adaptive to follow)

200m Girls/Boys ((Adaptive to follow)

3200M Girls/Boys Finals (Slow to Fastest Heat)

4x400 Mixed Relay (Two boys and two girls) (Not scored)

Finals Saturday

Field Events: 11:00 A.M.

Boys Javelin (Softball Field) (Adaptive to follow)

Girls Discus (Practice Field) (Weight-In, 9:30am-10:30am)

12:55 PM National Anthem

Running Finals 1:00 P.M. (Rolling Schedule)

Coach Guy Thomas Girls 100m Hurdles (Top 16 from prelims)

Coach Guy Thomas Boys 110m Hurdles (Top 16 from prelims)

100m Girls/Boys (Top 16 from prelims)

Elite True Mile Girls/Boys (Top 16) (FAT 1600m split times will be provided)

4x100 Girls/Boys (All heats)

400m Girls/Boys (Top 16 from prelims)

400mh Girls/Boys (Top 16 from prelims)

Elite Invite 800m Girls/Boys (**Girls: 2:28/Boys: 2:03**)

200m Girls/Boys (Top 16 from prelims)

4x400 Girls/Boys (All heats)

Important Information

-No Athletes in the infield unless you are running an event. (**Arm bands will be given to HJ, LJ and TJ athletes**)

-Coaches are requested to keep their athletes off the football field (**Disqualification**)

-Field Events (with the exception of vertical jumps) will be 4 attempts, Javelin 3 attempts

-No more than 4 entries per running event and 3 per field event

-Top 16 in each event will move on to finals (100H, 110H, 100m, 400m, 400mh, 200m)

-Warm ups will be limited to the designated warm up area

-No changes will be allowed only scratches

-**ELITE BRING BACK THE MILE WILL BE BASED ON TIME ALONE (LIFETIME BEST ACCEPTED)**

-All heat sheets will be live on Mile split

-FHSAA Rules prevail

-Four coaching lanyards will be issued per team

-DO NOT ASSUME YOU ARE ENTERED IF YOU HAVE NOT SENT PAYMENT

-Hospitality will be provided for coaches.

Payment: Checks or money orders can be made out to Dunbar High School and mailed to:

3800 Edison Ave.

Fort Myers Fl. 33916

Attn: Track and Field

There will only be scratches allowed after the entry deadline. No changes will be allowed by anytime. (Including host team)

Spikes no longer than 1/4' pyramid will be permitted on our newly completed polyurethane track.

I would like to personally thank you in advance for your interest in competing in the 2nd Annual Guy Thomas Memorial Classic. We look forward to honoring Coach Thomas and seeing you on Friday & Saturday, March 24 & 25!

Sincerely,

Joe Addison (joeead@leeschools.net)

Dunbar High School

Head Coach Girls/Boys Track & Field