



DR. JOAQUÍN GARCÍA
HIGH SCHOOL



Thur., Feb. 26th, 2026

Dear Track Coaches:

We would like to take this opportunity to thank you for registering for the Dr. Garcia H.S. Bulldog Track & Field Meet on Wed., February 25th. **Entries will close at 10:00am on Wed. (2/25)**. All entries will be done through **DIRECTATHLETICS.com**.

Team entry deadline: Wed., February, 25th at 10:00 AM on Direct Athletics

Contact Information: Dan Barry # (561) 851-5400

Email: daniel.barry@palmbeachschools.org

Entry Fee: **\$300 per school** (\$150 boys - \$150 girls)
Checks made payable to Dr. Joaquin Garcia High School
(NO PERSONAL CHECKS)

Entries: 8 Athletes Per Event
2 Relay Teams

Coaches Meeting: 3:45 PM (Entry Fee Deadline)
Coaches will be **REQUIRED** to work a field event for both BOYS & GIRLS Events

Events Needed: Long Jump
Triple Jump
High Jump
Shot Put
Discus
Pole Vault

Mailing Address:

Dr. Joaquin Garcia High School
4906 Lyons Rd.
Lake Worth, FL 33467
Attn: Daniel Bary (Track & Field)

Notes:

- NO** tape on the track, we will have tennis balls available for all running/field events if your athletes need them.
- Pyramid spikes only, please, **no needle spikes**.
- Please let spectators know that tickets to the event must be purchased through the **Go Fan** app.
- Food truck(s) and concession stands will be available.
- Coaches are requested to keep their athletes out of the track oval and/or off the field. Bleachers and tent areas will be available for coaches and their team. **(Please refer to the facilities map below.)**

Field Event Info:

- Pole Vault:**
 - o Coaches; do you certify that your poles meet the weight requirements for your athletes?
 - o We will run BOYS and GIRLS pole vault TOGETHER!!
- High Jump:**
 - o Girls followed by the Boys
- Long Jump, Triple Jump**
 - o We currently have ONE runway for both Girls & Boys LJ and TJ to work with.
 - **Long Jump - Boys, followed by Girl's**
 - at the conclusion of BOTH Girls and Boys Long Jump.
 - **Triple Jump - Boy's, followed by Girls**
- Shot Put, and Discus:**
 - o Girls Shot Put / Boys Discus – 4:00pm start (switch at the conclusion of event)
- Javelin (@ the conclusion of Girls Discus & Boys Shot Put:**
 - o We will run BOYS and GIRLS TOGETHER!!
- 1600m & 3200m:**
 - o Lapped runners will be moved to lane 3 and must stay in lane 3 to finish. If the lapped runner does not stay in lane 3, the runner will be removed from the race.
 - o **NO OPEN 1600m**
- No one is allowed on the infield; **YOU WILL BE DQ'd!!**
- No additions at Coaches meeting **SCRATCHES ONLY!!**
- If you have any problems, please see Coach Barry or Coach Callahn.
- Meet timed by Mogo Timing! Visit the following link for **LIVE RESULTS:**
www.mogotiming.com

Please do NOT be mean to our volunteers at the events!!!

- Please remind athletes to check in at the north gate for all running events, and check in at their field event.
- Please remind parents that only **CLEAR BAGS** will be allowed into the stadium. **They will NOT be permitted to enter the stadium with any other kind of bag!!**

Meet Schedule:

**** All Events Girls race, followed by Boys race ****

Finals: (Slow heat to fast heat)

4x800m Relay
100m Low Hurdles
110m High Hurdles
100m Dash
1600m Run
4x100m Relay
400m Dash
400m Low Hurdles - 400m Intermediate Hurdles
800m Run
800m Adaptive
200m Dash
200m Adaptive
3200m Run
4x400m Relay