

Lakewood Ranch Invitational

DATE: Friday, February 28, 2025

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

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

ENTRY FEES:

- \$300 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 in order to enter the meet on Direct Athletics.** Meet is limited to first 20 paid teams. Please add your school name to the generic invoice on last page for your bookkeeper.

ENTRIES:

- **4 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.
- 4:00 p.m. – javelin, long jump then triple jump, high jump, shot put, discus
- 4:15 p.m. – 4x800m relay
- 5:15 p.m. – LRHS senior night
- 5:30 p.m. – all running finals on a rolling schedule

TRACK RESTRICTIONS:

- Only 1/8 and 1/4 inch pyramid spikes allowed. **NO NEEDLES**, please.
- No coaches on 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 boys and triple jump girls then the reverse at the conclusion of each.
- Shot put girls and discus boys then the reverse at the conclusion of each.
- High jump girls followed by boys.
- Pole vault 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, 400m IH, 800m, 200m, 3200m, 4x400m Relay.

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

FIELD EVENT ASSIGNMENTS:

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

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 for both girls and boys
- Individual medals for top 3 in each event

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 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
11/21/2024	TF20250228

Description	Quantity	Rate	Amount
February 28, 2025 - Lakewood Ranch Track & Field Invitational entry fee	1	\$300	\$300.00
Balance			\$300.00

Please mail check payable to:

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

Thank you!