



# Bartram Trail Track & Field

## Week 8 Update

Monday, March 18, 2024

### Meets this week:

JV: @ Toco Creek, bus leaves from BT  
Var: @ FSU Relays

### Upcoming Dates:

**Monday Mar 18:** Practice at BTHS, 4:05pm  
**Wednesday Mar 20:** JV Champs at Toco Creek HS  
**Fri/Sat Mar 22-23:** Select varsity at FSU  
**Wednesday Mar 27:** sub-varsity meet at Creekside\*  
**Thursday Mar 28:** Orange Park Meet (most varsity)  
**Fri-Sat Mar 29-30:** Florida Relays (select varsity)

### Parent Leader Needs

- Friscia Liaison: **TBD**
- Barnett / Belcik Liaison: **Cara McLean**
- Frank / Popik Liaison: **Cathleen Parks**
- Clark / Holtz Liaison: **Sarah Borgmeyer**
- Hagans / CB / HK: **Susan Langeland**
- Liv / Fox / Johnson Liaison: **Cori Hillier**
- Dean (jumps) Liaison: **Lauren Radford**
- Senior Event, Awards Night Committee: **Nancy Treadway, Natalie John**
- Volunteer Coordinator: **Laura Harris**

**\*\* ALL GROUPS WILL MEET AT 4:05pm on Monday March 18<sup>th</sup>, Teacher Planning Day**

### The End of the JV Season

Some athletes will be invited to continue training and competing after the JV Champs meet at Toco on Mar. 20<sup>th</sup>. They will get several additional chances to compete, sometimes at a varsity level.

### Qualifying Standards

Running Events	Boys	Girls
100m	11.00	12.52
110/100 H	15.50	15.50
200	22.20	25.40
400H (300H times)	57.80 (41.27)	1:07.50 (46.55)
400m	50.50	59.20
800m	1:59.00	2:23.05
1600m Invitational	4:30.00	5:20.00
3200m Invitational	9:55.00	11:43.00
Field Events	Boys	Girls
Javelin	43.80m (143-8)	30.50m (100-0)
Discus	41.50m (136-1)	32.00m (104-11)
Shot Put	14.15m (46-5)	10.60m (34-9)
Long Jump	6.55m (21-5.75)	5.20m (17-0.75)
High Jump	1.87m (6-1.50)	1.53m (5-0)
Triple Jump	13.10m (42-11.50)	10.68m (35-0.25)
Pole Vault	3.90m (12-9.50)	3.05m (10-0)

### Travel Itinerary

#### Friday

- 12:00p Athletes competing Fri evening or early Saturday depart in vans.
- 3:00pm Arrive and check-in [Hampton Inn](#)  
3388 Lonnbladh Rd, Tallahassee, FL 32308
- 3:30p Depart for shake out run or meet.
- 6:00p Dinner
- 8:00p Watch Invite 3200m at meet.
- 10:00p Hotel lights out

#### Saturday

- 5:45a Load Viking Charter bus  
Pack breakfast, lunch, water for the day. We will stop for dinner.
- 6:00a Depart for Tally
- 9:00a Arrive at [FSU Mike Long Track](#)
- 3:30p Depart for dinner and return trip to BTHS.
- 7:30 Arrive at BTHS



### High School Meet Schedule

#### Friday - March 22

- 6:00 pm Girls Javelin (boys follow)
- 6:30 pm Girls 800 (boys follow)
- 7:15 pm Girls 200 (boys follow) - *followed by adaptive heats*
- 8:00 pm Girls Invitational 3200 (boys follow)

#### Saturday - March 23

##### Field Events

- 10:00 am Boys Pole Vault
- Girls High Jump
- Girls Discus
- Boys Shot Put
- Boys Long Jump
- Girls Long Jump
- 1:00 pm Girls Pole Vault
- Boys High Jump
- Boys Discus
- Girls Shot Put
- Boys Triple Jump
- Girls Triple Jump

##### Running Events

- 7:30 am Girls Consolation 3200 meters (boys follow)
- Girls Consolation 1600 meters (boys follow)
- Consolation sections only will be run fast-to-slow*

##### National Anthem

- 11:10 am Girls 100 hurdles
- 11:20 am Boys 110 hurdles
- 11:30 am Girls 4x800 relay (boys follow)
- 12:20 pm Girls 400 dash (boys follow)
- 12:40 pm Girls 100 dash (boys follow) - *followed by adaptive heats*
- 12:50 pm Girls 400 hurdles (boys follow)
- 1:20 pm Girls 4x100 relay (boys follow)
- 1:45 pm Girls Invitational 1600 (boys follow)
- 2:25 pm Girls 4x400 relay (boys follow)

\*Newly added meet for JV athletes invited to continue with the varsity.



# Bartram Trail Track & Field

**Get Connected! BTTF uses the REMIND APP. Text a code below to 81010**

Var Boys Distance	@	btvbd24	Frank
JV Boys Distance	@	btjvbd24	Frank
Var Girls Distance	@	btvgd24	Clark
JV Girls Distance	@	btjvgd24	Clark
Jump	@	btjump24	Clark
Hurdles	@	bthurdle24	Hagans/CB
Throws	@	btthrow24	Liv
Var Girls Sprints	@	btvgs24	Barnett
Var Boys Sprints	@	btvbs24	Friscia
JV Sprints	@	btjvs24	All Sprint Coaches



Remind

**[Team Phone Calendar](#)**

From your smartphone, click to link to sync the team calendar to your phone. Meets and events added to your phone!