## Week 15 Update

Monday, May 6, 2024

## Uniform Return Due Date (Varsity black, white, grey)

Friday, May $10^{\text {th }}$ to Coach Frank

- Make sure they are clean! Spritzing them with cologne is not clean.
- Bring them in a bag with your NAME on it. You will not be credited with returning your uniforms if I cannot identify who turned them in.
- If you earn a trip to the state meet, uniforms will be collected then.


## End of Season Awards Night

Wednesday May $22^{\text {nd }}$
BTHS Auditorium, 6:00pm
Attire: Sunday best (shirts, slack, ties, dresses, skirts, etc.)
Invited: all varsity and j.v. track \& field athletes and their families.
4A Region 1 Track and Field Meet
Location: UNF
Date: Wednesday, May 8, 2024
Tickets - Results - Full Published Meet Info

## 2024 FHSAA Track \& Field Region Meets

May 8, 2024 -

*Athletes are encouraged to have their parents make their transportation decisions so they arrive 90 mins before their events. Stay in school. Stay out of the sun/heat.

FIELD EVENTS (Weights \& Measures - 10:00 am - 11:00 am) Time Event Boys/Girls

| 11:00am |  |
| :--- | :--- |
| Long Jump 3A \& 4A Girls |  |
| Shot Put 4A Girls |  |
| 1:00pm | Myers |
| Pole Vault 4A Girls | Gyamfi, Treadway |
| Long Jump 3A \& 4A <br> Boys | Gyamfi |
| High Jump 4A Boys | Fox |
| Javelin 4A Girls |  |
| Discus 4A Boys | Campos |
| 3:00pm |  |
| Triple Jump 3A \& 4A <br> Girls |  |

Bartram Trail Track 8 Field

| Shot Put 4A Boys | Scott, Fox, Gimmel |
| :---: | :---: |
| 5:00pm |  |
| Pole Vault 4A Boys | Huber, Radford |
| Triple Jump 3A \& 4A Boys | Gyamfi, Treadway, Allen, Tran |
| High Jump 4A Girls | Shapiro |
| Javelin 4A Boys |  |
| Discus 4A Girls |  |
|  |  |
| RUNNING EVENTS - ALL | MED FINALS |
| Time Event |  |
| $\begin{aligned} & \text { 4:00 PM } 4 x 800 \mathrm{~m} \\ & \text { Relay** } \end{aligned}$ | Mclean, Borgmeyer, Kataru, Holtz, Flaherty, McDonald, Clements, Parks, Lupinski, Wenzel |
| 5:45 PM 100m Hurdles | Thomas, Langeland, Frederick, Kosiewska |
| 6:00 PM 110m Hurdles | Langeland |
| 6:15 PM 100m Dash | Ganther |
| 6:30 PM 1600m Run* |  |
| 6:55 PM 4x100m Relay | Williams, Ganther, Thomas, McCormick, Robinson, Carvalho, Brown, Brown |
| 7:20 PM 400m Dash | Braughton |
| 7:45 PM 400m Hurdles | Thomas, Langeland, Kosiewska, Howey |
| 8:10 PM 800m Run** | Mclean |
| 8:30 PM 200m Dash | Ganther |
| 8:45 PM 3200m Run* | Lupinski |
| 9:45 PM 4X400m Relay | Thomas, Kosiewska, Braughton, Mullis, Langeland, Carvalho, McDonald, Brown |
| 10:00 PM Team Awards | , |
| *One section per gender (alleys should be used if possible) |  |
| **Two sections gender |  |

