

# **CARDINAL GIBBONS**

## **TRACK & FIELD 2009**

February 25 (Wed)	Pompano Beach Coral Springs Charter	@	Coral Springs	4:00
February 27 (Fri)	Cardinal Newman Invit.	@	Cardinal Newman	4:00
March 4 (Wed)	Hallandale Fort Lauderdale	@	Hallandale	4:00
March 7 (Sat)	Westminster Relays	@	Westminster West	9:00
March 11 (Wed)	St. Thomas American Heritage	@	St. Thomas	4:00
March 18 (Wed)	Boyd Anderson Pompano Beach Blanche Ely	@	Boyd Anderson	4:00
March 21 (Sat)	Miramar Relays	@	Ansin Sports Complex	8:00
March 25 (Wed)	BCAA Preliminary	@	Boyd Anderson	3:30
March 28 (Sat)	BCAA Final	@	Coral Springs	11:00
April 1 (Wed)	Dillard Coral Glades	@	Dillard	4:00
April 3-4 (Fr-Sa)	Florida Relays	@	University of Florida	TBA
April 4 (Sat)	Panther Invitational	@	Pine Crest	8:00
April 7 (Tue)	St. Brendan LaSalle Coral Springs Christian	@	HOME Circle of Honor BBQ	3:30
<i>Easter Vacation</i>				
April 16 (Thu)	District Championship	@	Ansin Sports Complex	8:00
April 25 (Sat)	Regional Championship	@	Belen Jesuit	11:00
May 2 (Sat)	State Championship	@	Showalter Field in Winter Park	10:00
May 17 (Sun)	Awards Banquet	@	Lighthouse Point Yacht Club	11:00

*Steve Lyons [954.294.1655]*

### **Coaching Staff**

*Glenn Lee  
Austin Scott  
Wallace McIntosh*

*Robert Good  
Pete Santamarina  
Dan Perry  
Timothy Wade*

*Rhiannon Adams  
Sheena Kwaterski  
William Dimitrouleas*

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## ***SCHEDULE OF EVENTS***

### **for Conference Meets**

**4:00pm**

#### ***FIELD EVENTS***

**Boys/Girls Long Jump**

**Boys/Girls Triple Jump**

**Girls/Boys Shot Put**

**Boys/Girls Discus**

**Girls/Boys High Jump**

**Girls/Boys Pole Vault**

**4:15pm**

**Girls 4 x 800 Relay**

**Boys 4 x 800 Relay**

**4:30pm**

#### ***RUNNING EVENTS***

**100/110 Hurdles**

**100 Meter Dash**

**1600 Meter Run**

**4 x 100 Relay**

**400 Meter Dash**

**300 Hurdles**

**800 Meter Run**

**200 Meter Dash**

**3200 Meter Run**

***Girls and Boys together***

**4 x 400 Relay**