

2020 JAC Final Countdown July 25th, 2020

Updated Meet Information (Tuesday, July 21st)

The Jacksonville Athletic Club is extremely excited to be able to host the JAC Final Countdown! This meet will be held on the beautiful campus of The Bolles School (7400 San Jose Blvd, 32217) All meet info is below.

Updated Meet Note on Allowable Personnel: The Bolles School has asked us to limit our next few meets to athletes, coaches, and parents only. This meet will not be open to spectators, other family members, boyfriends, girlfriends, or any other non-competitors. When you pick up your packet, it will include 3 wristbands. One for you, and 2 for your parents or guardians. If anyone does not have a wristband on, they will be asked to leave the facility. We need to do this so that we will be able to continue hosting the remaining meets on our summer schedule. If you are a coach of a team or club just [email us](#) to request your wristband.

Parking: There is plenty of parking right next to the track / football stadium.

Arrival Times: The track facility will not be open until 8am. No one is allowed to enter the track / stadium area until 90 minutes before their first event, and all athletes must leave the facility when they are done competing. Any other year we would love for everyone to stay and cheer others on, but for this summer we ask that you show up, compete, and then leave when you are done. Thank you ahead of time for helping us with this. Bib number pickup will be at the 50-yard line under the tent.

Weather and Heat: Pretty much every Florida afternoon in July there is a lot of heat, and a chance of a pop-up shower. Please be prepared for both. In the event of a storm or lightning where we will need to move inside for a short period of time (I would recommend your own vehicle) we will be providing live weather updates on our website ([jacksonvilletrack.com](#)) If we do have to take a break for the weather, we will of course give everyone plenty of time to re-warm up / get situated before continuing on with the next event. This competition is 100% for the athletes, so we will cater to them and what they need.

Tents/ Crowds: Before setting up any tents at the track or jumps area, please ask a staff member first, to make sure your location is ok. We will do our best to provide plenty of space for people to set up camps and space out. When you sit in the bleachers, please space out the best as you can. At our meet last Saturday, the jumps area became a little overcrowded, so **this weekend we will only be allowing coaches, officials, and participating athletes inside the jumps area.** There is plenty of room outside of the fence where people can watch and set up tents. We also kindly ask that no more than 10 people are inside of a tent.

Meet Schedule: Tentative schedule is below. Please make note of the changes in the long jump and pole vault start times. As we had more people sign up than anticipated for these events, we will split them up by gender, and the new start times are below.

Results: Timing for this meet will be done by Miles and Minutes. We will be linking up both live results and final results on our website, [jacksonvilletrack.com](#)

JAC Final Countdown Updated Time Schedule

Running Events

10:00am- 100mH Finals
10:15am- 110mH Finals
10:30m- 800m Finals (Men and Women Together)
10:45am- 100m Prelims (Women, then Men, top 16 to finals)
11:15am- 1 mile finals (Men and Women Together)
11:30am- 100m Finals (Women, then Men)
12:00pm- 400m Finals (Women, then Men)
12:45pm- 200m Finals (Women, then Men)

Field Events

9:00am- Men's Long Jump
10:00am- Discus Throw (Men and Women Together)
10:00am- Women's Long Jump
11:00am- Shot Put (Men and Women Together)
12:00pm- Javelin Throw (Men and Women Together)
12:30pm- Women's Pole Vault (arrive at jumps area no earlier than 11am)
1:00pm- Triple Jump (Men and Women Together)
1:00pm- High Jump (Men and Women Together)
4:00pm- Men's Pole Vault (arrive at jumps area no earlier than 3pm)