



## 2024 First Coast North Florida Junior Varsity

### Track and Field Championship

Location - Toco Creek High School  
11200 St Johns Pkwy, St. Augustine, FL 32092

Wednesday, March 20th, 2024

Welcome to the 2024 First Coast North Florida Junior Varsity Track and Field Championship. We all value our Junior Varsity Community and nothing beats watching them be excited about Track and Field. Honoring our athletes with an event tailored for them is a great way to end the season. In the spirit of this dedication, we extend an invitation to all junior varsity athletes for this meet. We kindly request that only junior varsity level marks be submitted to maintain the focus on our junior varsity runners. We appreciate your understanding that entries for Juniors or Seniors should only be made if they will not contribute to team points. Your cooperation is valued, and if you have any inquiries, please feel free to reach out at your earliest convenience.

There will be medals for the top three individuals in each event. Medals will be located on the field, please make sure your athletes know it is their responsibility to pick up their awards. We will present a Team Champion and Runner-Up Trophy for both Boys and Girls.

#### Junior Varsity Entries and Cost

Please make checks payable to: Toco Creek Track and Field

Individual Event	Relay	School Entry Fee
5 Athletes/Per Event	1 Relay/Per Gender	\$175/Per School

\*There will be unlimited entries in the 100m, 100h/110h, 1600m, Pole Vault, Shot Put, and Discus. Please exercise discretion when adding athletes, as the duration of the event increases with the quantity.\*

Results:

[Jactiming.com](http://Jactiming.com)

\*The meet will be posted on Direct Athletics\*

## Junior Varsity Championship Tentative Schedule

**4:45 PM: Coaches Meeting**

### Field Events

**5:00 pm:**

B Heats 1600m (Girls followed by Boys)

Shot Put (Girls followed by Boys)

Discus (Boys followed by Girls)

Long Jump (2 separate pits)

High Jump (Boys followed by Girls)

Javelin (Girls followed by Boys)

Pole Vault (Girls followed by Boys)

**6:00 pm: (Rolling Start)**

100/110H

100m

1600m (Top 24)

4x100m Relay

400m

800m

200m

3200m

4x400m Relay

### Meet Details:

-Once you arrive on campus you will be directed by our parking staff to the correct area.  
**Please do not enter the bus loop unless you are a bus.**

-Gates open at 4:00 pm

-Spectators must please view the jump and throwing events from the stands or stay behind the roped off area. Please remind your parents that the only people allowed to cross the ropes are the athletes competing and their coaches.

-Please inform your athletes that they are **only** allowed to be in the Toro Track and Field Stadium/Practice Warm Up Field. Any athletes found wandering Toco Creek High School will be disqualified from our meet. We have plenty of bathrooms available in our stadium for use.

**Field Access:**

-Athletes are not allowed to jump the fence, they must enter the stadium through check-in.

-Once an athlete competes in their event they will immediately exit the track. We will have Toro Volunteers available to direct athletes and answer any questions they have.

**Coaches Tent:**

The Coaches' tent will be located in the track and field stadium. Please feel free to stop by to get snacks and refreshments all day. More details in the coaches' meeting.

**Tent City:**

We will have one area for team tents. This area will be located near the check-in tent on the far side of the track. We will have signs and volunteers to help teams get to the correct location.

Program Director of Track and Field:

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