

The Lewis James Invitational

Saturday, February 28, 2026

Host: Raines High School

Location: Raines High School

3663 Raines Ave Jacksonville, Florida 32209

1. Registration is on directathletics

\$150 per gender, \$250 for both teams.

All checks need to be made out to:

Raines High School

Re: Raines Track and Field

If mailing send to:

Raines High School

Attention: Bookkeeper

3663 Raines Ave.

Jacksonville, FL 32209

2. General Admission: gofan

3. Entries/Entry Limits: Entries online at directathletics by Monday, February 23rd@

11:59PM 3 entries per event; 1 relay.

4. The meet will be timed by JAC Timing & Data.

***WIND GAUGES WILL BE PRESENT FOR FIELD AND RUNNING EVENTS.**

5. Certified officials will be provided.

6. This meet will be sanctioned by the FHSAA and all FHSAA rules will be enforced.

7. Awards - Team Trophies: 1st Place & Runner-up

Individual Awards: 1st - 3rd place

MVP Award: Male & Female

Meet Director:

Steven Bellamy

Meet Referee:

Elroy Green

ALL SUBMITTED TIMES WILL BE VERIFIED.

Meet Schedule (Updated)

8AM - IMPLEMENT WEIGH IN (Field House Garage)

8:30AM - WELCOME AND COACHES HOSPITALITY AND MEETING

9AM Javelin (B followed by G)

10AM 4x800m Relay (G followed by B)

11AM Adapted 800

10AM - Field Events:

- Adapted Shot Put
- Long Jump (G & B)
- Pole Vault (G followed by B)
- Shot Put (G followed by B)
- Discus (B followed by G)
- High Jump (G followed by B)
- Long Jump followed by Triple Jump

(4 Attempts in the Javelin, LJ, TJ, SP, & Discus)

****Minimum Distance Jumps/ Throws*** Note: All first jumps/throws will be measured. If following jumps/throws do not meet the minimum requirement they WILL NOT be measured.

- Long Jump: Girls 16-0 Boys 19-0
- Triple Jump: Girls 27-0 Boys 39-0
- Shot Put: Girls 26-0 Boys 38-0
- Discus: Girls 60-0 Boys 95-0

- Javelin: Girls 70-0 Boys 110-0

12PM – Intermission/ Special Recognition

2PM – Timed Finals

- Adapted 200
- 4x200
- Chanel Ray 100H
- 110H
- Lewis James 100m
- 1600m
- 4x100m
- 400m
- 400H
- 800m
- 200m
- 3200m
- 4x400m

Presentation of Awards

MVP Award: Male & Female

Team Trophies: 1st Place & Runner-up

(Male/Female)

For more information:

Steven Bellamy, Head Boys

Cross Country/Track and Field Coach

Raines High School

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Jacksonville, Florida 32209

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