

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

3663 Raines Ave.

Jacksonville, Florida 32209

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