

When: April 13th and May 11th JTC Running Spring/Summer Track meet

Where: The Bolles School, Jacksonville, Florida

Number pickup and day of meet registration will open at 8:00 AM. The first event will be at 9:15 AM. Entry to meet is free of charge to all pre-registered online participants. Free online registration will be closed two days prior to the track meet. Those not pre-registered will be charged \$10 for day of meet registration. Day of meet registration will end at 8:30 AM.

Awards: medals will be given to the top three in each age group for each individual event. All athletes aged 12 and under will receive participation ribbons.

For questions, email the Meet Director, Bob Jones, at bob90porsche@gmail.com

COACHES—please contact Meet Director if you plan to pick up team bib numbers for whole team.

Age Groups: 6 and under, 7-8, 9-10, 11-12, 13-14, 15-17, 18-20, 21-40, over 40

Order of events

9:00 am Field event warm up

9:15 am Shot put (discus will follow in separate throw arena), Long Jump will have separate female/male flights (female first after female athletes are complete, male).

9:30 am (rolling start on conclusion of each event). Women than men.

1600 meters (multiple heats). Waterfall start

100 meters (multiple heats). Individual lanes

400 meters (multiple heats). Individual lanes

800 meters (multiple heats). Individual lanes until after first turn

200 meters (multiple heats). Individual lanes

3200 meters (single heat). Waterfall start