

# 2020 JAC Final Countdown

## Saturday, July 25<sup>th</sup>

The Jacksonville Athletic Club is proud to host the JAC Final Countdown to give athletes of all ages a fun opportunity to compete! The JAC Final Countdown will be held on the beautiful campus of The Bolles School (7400 San Jose Blvd, 32217). All meet info is below.

**Important Meet Note:** This is an open track meet that will allow anyone to compete as long as they sign up online before the entry deadline. This is NOT an AAU meet, or an age-group meet. We want to provide the best possible competition, so we will seed the races properly to help promote fast times. We also will run the short sprint races with the wind, as we have two finish line cameras. All meets are USATF sanctioned.

**Entry Fee:** Each meet is \$25 per athlete for unlimited events, and all athletes must sign up online prior to competing. All entries must be submitted on [directathletics.com](http://directathletics.com). **Meet entries close Thursday, July 23<sup>rd</sup> at 11:59pm.** We will NOT accept late entries, and there is no on site entry.

**Meet Schedule:** Final schedule will be posted online. Tentative schedule is below. We will run ON schedule, so please plan accordingly.

**Meet Headquarters:** Please visit [summertrackmeets.com](http://summertrackmeets.com) for all of your meet information and to sign up today!

**Results:** Live results can be found at [jactiming.com](http://jactiming.com) and full results will be posted on [jactiming.com](http://jactiming.com) at the conclusion of the event

### Events Offered

**Sprint Events-** 100m, 200m, 400m

**Hurdle Events-** 100mH, 110mH

**Distance Events-** 800m, 1 mile run

**Throwing Events** –Javelin, Shot Put, Discus Throw

**Jumping Events-** Long Jump, Triple Jump, High Jump, Pole Vault

### *Tentative Time Schedule*

12:00pm- Pole Vault and Long Jump

1:00pm- Discus Throw (Javelin and Shot Put to Follow)

2:00pm- Triple Jump and High Jump

4:00pm- 100m Hurdle Finals

4:15pm- 110m Hurdle Finals

4:30pm- 100m Finals

5:00pm- 1 Mile Run Finals

5:20pm- 400m Finals

5:45pm- 800m Finals

6:00pm- 200m Finals

*\*Men and Women will compete together for field events, running events are women followed by men\**

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