

2024 Falcon Friday- February 23, 2024

Coaches Meeting at 1:30pm

Field Events (Final- 4 attempts)

No Pole Vault

Long Jump (Boys & Girls) **2:00pm**

Javelin (Boys Followed by Girls) **2:15pm**

High Jump (Girls Followed by Boys) **2:00pm**

Shotput (Girls followed by Boys) **2:30pm**

Discus (Boys Followed by Girls) **2:00pm**

Triple Jump (After Long Jump)

4x800m **2:45pm**

Running Events 3:45pm

100m/110m Hurdles

100m

1600m

4x100m

400m

400m Hurdles

800m

200m

3200m

4x400m

Entry Fee: \$125 for one team (Boy or Girls). \$200 for both teams (Boys & Girls). 6 entries per event. 2 relays.

Contact Coach Ronnell Ray for invite: Ronnell.ray@stjohns.k12.fl.us