

FOREVER LIFE ACHIEVER, INC PRESENTS

THE INAUGURAL

LEWIS JAMES

TRACK AND FIELD

INVITATIONAL

Saturday, 9am March 9, 2024

RAINES HIGH SCHOOL | 3663 RAINES AVE. JACKSONVILLE, FLORIDA 32209

For More Information Contact: 904-482-9208 / trackraines@gmail.com

Registration is open @ directathletics.com



elevation



Sponsored by



Lewis James Invitational
Saturday , March 9, 2024

1. Registration is on www.directathletics.com

\$100 per gender

\$200 for both teams. All cashiers checks/ money orders was 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.com

3. Entries/Entry Limits: Entries online at www.directathletics.com by Wednesday, March 6th@ 11:59PM 3 entries per event; 1 relays

4. The meet will be team scored.

Team Trophies:

1st Place & Runner-up

Medals:

1st - 3rd place

MVP Award:

Male & Female

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

5. This provides an excellent opportunity for your athletes to run legitimate times and be recognized on a state and national level.

6. Certified officials will be provided.

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

Meet Directors:

Kevin Aiken and Steven Bellamy

Meet Referee: Lewis James

Meet Schedule

9:00 AM

Coaches Meeting

9:30 AM

Javelin

10:00 AM

Field Events:

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

Long Jump (G & B)

High Jump (G followed by B)

Pole Vault (G followed by B)

Shot Put (G followed by B)

Discus (B followed by G)

Triple Jump followed by Long Jump

11:00 AM

4 x 800m

12 Noon

Special Presentations

1PM

Running Events (Timed Finals):

100mH/110mH

100m

1600m

4x100m

400m

400H

800m

200m

3200m

4x400m