

2024 Nassau County Track & Field Meet

Hosted by Yulee High School

Wednesday March 13, 2024

Coaches,

A few things before our County meet.

- Coaches meeting will be at 11:45pm w/ events starting at 12:00pm.
- Please setup teams area in the visitor's bleachers from the school.
- Athletes must remain in teams area/visitors stands when not competing. IF ATHLETES ARE OUT OF THE TRACK AREA DURING SCHOOL DAY, THEY WILL BE DISMISSED FROM MEET AND ASKED TO LEAVE CAMPUS.
- Athletes must check in at events or starting line for events.
- Main infield will NOT be fully open for warm ups. Discus will take up over ½ the field. A warmup strip will be located by the old LJ pit until Discus is completed. No spectating from infield.
- Spectators may watch from the fence lines around track, not in the infield.
- Parents WILL NOT be allowed on campus during school hours.**
- For bus drop off, please have your drivers drop off at the new gate closes to the new parking lot and shot/disc area.
- We'll have food trucks on site, so let your kids know to bring some concession cash.

Entries:

- We will allow unlimited entries!
- Cost will be \$175 per school. Please make checks payable to Yulee High School Track and Field.
- All entries will be entered through Direct Athletics by deadline Sunday March 11th, 11:59pm**
- **Late entries will NOT be accepted!**

All Field events will receive 4 attempts, NO Finals.

Field Events:

- Field events order will be standard w/ the exception of LJ & TJ. We will start with Girls Long followed by Girls TJ. Then Boys Long followed by Boys TJ.
- HJ starting heights to be determined at coaches meeting.
- We will NOT offer Pole Vault this year.
- We will need schools to work one field event.
 - YHS- LJ & TJ
 - HMSHS- Shot
 - FBHS- Javelin & Disc
 - WNHS- HJ

Running Events:

- 3200m WILL be combined boys and girls. Combining 1600m will be based on meet time and number of athletes entered.

12:00pm Girls Long Jump and Girls Triple Jump followed by Boys Long Jump and Boys Triple Jump

Boys Shot Put

Girls Discus

Boys High Jump

Boys Javelin followed by Girls Javelin

12:00pm Girls 4x800m Relay

12:15pm Boys 4x800m Relay

12:45pm Girls 100m Hurdles

12:55pm Boys 100m Hurdles

Girls, then Boys for running events. Will pause to allow completion of some of 2nd phase of field events as need be.

Rolling schedule.

100m

1600m

4x100m relay

400m

400m Hurdles

800m

3200m

4x400m relay