

Raines Track Last Chance Meet
Tuesday, April 9, 2024

1. Registration is on www.directathletics.com
\$50 for non Duval County Public Schools
Note: No fees for Duval County Public Schools
All checks 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
Sunday, April 7th @ 11:59PM 4 entries per event; 1 relay

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

5. Certified officials will be provided.

6. 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

Contact information:
Steven Bellamy 904-482-9208
trackraines@gmail.com

MEET SCHEDULE

4PM

Field Events

(4 Attempts in the 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

4:30PM

4 x 800m

5PM Running Events

100mH/110mH

100m

1600m

4x100m

400m

400H

800m

200m

3200m

4x400m