

Tuesday, March 31, 2026 5pm

Raines Last Chance Meet

Host: Raines High School

Location: Raines High School

3663 Raines Ave Jacksonville, Florida 32209

Information:

1. Registration is on www.directathletics.com

for REGISTRATION only!!

There is a \$50 ENTRY FEES for ALL 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, March 29, 2026 @ 11:59PM 3 entries per event; 2 relays per team; 3200 (only 2 per team)

*Note: Any athlete who deliberately walks during the race will be asked to leave the track and it will be a DNF.

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

*WIND GAUGES WILL BE PRESENT FOR FIELD AND RUNNING EVENTS

5. Certified officials will be provided.

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

Meet Director:

Steven Bellamy

Meet Referee:

Lewis James

MEET SCHEDULE:

5PM Field Events

(3 Attempts in the LJ, TJ, SP, & Discus)

Adapted Shot Put

Long Jump (G & B)

Triple Jump followed by Long Jump

Shot Put (G followed by B)

Discus (B followed by G)

High Jump (G followed by B)

****Minimum Distance Jumps/ Throws***

Note: ALL FIRST JUMPS AND THROWS WILL BE MEASURED .

Each jump/ throw afterwards that DOES NOT meet the minimum requirement WILL NOT be measured.

•High Jump Starting Height

Girls 1.22

Boys 1.57

•Long Jump:

Girls 15'0

Boys 18'0

•Shot Put:

Girls 25'0

Boys 35'0

•Discus:

Girls 50'0

Boys 85'0

5:30PM

4 x 800m

Adaptive 800

6PM Running Events

100mH

110mH

100m

1600m

4x100m

400m

400H

800m

Adaptive 200

200m

3200 (only 2 per team)

*Note: Any athlete who deliberately walks during the race will be asked to leave the track and it will be a DNF.

4x400m

Contact information:

Steven Bellamy, Head Boys

Cross Country/Track and Field

FHSAA Track and Field Advisory Committee

Raines High School

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