

April 1, 2025 Tuesday 5pm

RAINES LAST CHANCE MEET

Host: RAINES

Location: RAINES

Timer: JAC

Officials: Bob Hayes Officials

Information:

1. Registration is on [www.directathletics.com](http://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](http://gofan.com)

3. Entries/Entry Limits: Entries online at [www.directathletics.com](http://www.directathletics.com) by Sunday, March 30th @ 11:59PM 3 entries per event; 2 relay

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 Directors:

Kevin Aiken

Steven Bellamy

Tralanda Masline

Meet Referee: Lewis James

Contact information:

Steven Bellamy 904-482-9208

[trackraines@gmail.com](mailto:trackraines@gmail.com)

## MEET SCHEDULE:

### 5PM Field Events

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

Long Jump (G & B)

Shot Put (G followed by B)

Discus (B followed by G)

Triple Jump followed by Long Jump

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

Note: All first jumps will be measured. Each jump/ throw after that does not meet the minimum requirement WILL NOT be measured.

#### •Long Jump:

Girls 15'0

Boys 17'0

#### •Shot Put:

Girls 25'0

Boys 35'0

#### •Discus:

Girls 50'0

Boys 85'0

5:30PM 4 x 800m

6PM Running Events

100mH

110mH

100m

1600m

4x100m

400m

400H

800m

200m

4x400m