

We are looking forward to hosting you and your teams this Friday! Below are some important updates regarding the meet:

No pole vault this week.

Due to the number of teams, field events will be limited to three attempts per athlete. We apologize for any inconvenience this may cause.

If you need to arrive early, please notify me by Thursday.

All student-athletes must remain at the stadium until school dismisses at 3:50 PM.

If you have any questions or concerns, feel free to contact me. My cell number is listed below.

Cell: (904) 598-4104

An updated Order of Events is included below.

Order of Events

Coaches Meeting – 1:30 PM (Midfield)

Field Events (Final – 3 Attempts)

Long Jump (Boys & Girls) – 2:00 PM

Javelin (Boys Followed by Girls) – 2:00 PM

High Jump (Girls Followed by Boys) – 2:00 PM

Shot Put (Girls Followed by Boys) – 2:00 PM

Discus (Boys Followed by Girls) – 2:00 PM

Triple Jump – After Long Jump

4x800m Relay – 2:45 PM

Running Events – 3:45 PM

100m/110m Hurdles

100m

1600m

4x100m Relay

400m

400m Hurdles

800m

200m

3200m

4x400m Relay

Thank you and looking forward to a great meet!