



Friday Knight Invite
2024 Senior Recognition
April 5, 2024

Entry Fee: \$200 per school. Checks made out to Creekside Track & Field. Send to: CHS Track and Field, 100 knights Lane, Jacksonville Florida 32259.

General Admission: \$6

Entries/Entry Limits: Email creeksidetrackandfield@gmail.com to reserve your spot. Entries done on Direct Athletics by Tuesday April 2 @ 11:59pm. Any late registration changes and/or additions will be a \$50 per team charge.

Time Schedule:

- 5:00pm-** Senior Recognition Ceremony
- 5:45pm-** Coach Meeting
- 6:00pm -** Field Events and Running Events Begin

Javelin Throw (on soccer practice field)

Field events (1st attempt measured, no finals)

Boys Long jump followed by Girls Long Jump

Boys Discus followed by Girls

Boys High Jump followed by Girls

Boys and Girls adaptive Shot Put

Girls Shot Put followed by Boys.

Girls Pole Vault followed by Boys

	Girls Minimum	Girls Bonus	Boys Minimum	Boys Bonus
Shot Put	8.00m	9.10m	11.00m	12.40m
Discus	20.00m	27.00m	28.00m	37.00m
Long Jump	4.30m	4.55m	5.50m	6.10m
Triple Jump	8.50m	9.15m	11.25m	12.20m

Opening Heights

Girls High Jump - 1.35m

Boys High Jump - 1.70m

Girls Pole Vault - 2.35m

Boys Pole Vault - 3.00m

Running Events

DMR – Girls, Boys (1200, 400, 800, 1600)

100m Girls, Boys

400m Girls, Boys

1600m Girls, Boys

4x400m Relay

Awards

Event Winner T-shirts will be available at the conclusion of each event.

There will be no team scoring.