

RAINES PRESEASON INVITE

TUESDAY, FEBRUARY 14, 2023

THERE IS NO ENTRY FEE FOR DUVAL COUNTY PUBLIC SCHOOL TEAMS!!

1. Entry Fee: \$75 per school. All checks need to be made out to Raines High School Athletics Booster (Track & Field)
2. If mailing send to: Raines High School , Attention: Steven Bellamy ; 3663 Raines Ave. Jacksonville, FL 32209
3. General Admission: gofan.com
4. Entries/Entry Limits: Entries online at www.directathletics.com by February 9th@ 10:59pm;
5. 4 entries per event; 1 relay
6. The meet will not be team scored.
7. The meet will be timed by JAC Timing & Data.
8. This provides an excellent opportunity for your athletes to run legitimate times and be recognized on a state and national level.
9. Certified officials will be provided.
10. 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



Meet Schedule:

3:00pm Gates open for spectators.

4pm Coaches meeting

4:15pm Javelin: Boys, then Girls

(On the football field)

Note: Coaches are responsible for verifying their athlete's implements.

4:15pm field events (3 attempts)

NOTE: There will be no pole vault.

Shot: Girls, then Boys

Discus: Boys, then Girls

High Jump: Girls, then Boys

Long Jump: Pit 1 Boys/ Pit 2 Girls

Triple Jump Follows Long Jump:

4:30pm 4x800 relay

5pm Running Events:

100 hurdles

110 hurdles

100 meters

1600 meters

4x100 relay

*4x100M (throwers relay)

400 hurdles

800 meters

200 meters

3200 meters

4x400 relay