

# RAINES PRESEASON INVITE

## TUESDAY, FEBRUARY 14, 2023

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](http://gofan.com)
4. Entries/Entry Limits: Entries online at [www.directathletics.com](http://www.directathletics.com) by February 9th@ 10:59pm;
5. 4 entries per event; 1 relay
6. The meet will not be team scored.
7. This provides an exciting opportunity for your athletes to kick off the regular season.
8. The meet will be timed by JAC Timing & Data.
9. This provides an excellent opportunity for your athletes to run legitimate times and be recognized on a state and national level.
10. Certified officials will be provided.
11. 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