

Raines Track Season Opener (Updated)

**Tuesday, February 27, 2024**

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

\*\*\$50 Registration fee 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, February 25th @ 11:59PM 4 entries per event; 1 relay

4. The meet will be team scored.

5. The meet will be timed by JAC Timing & Data. WIND GAUGES WILL BE PRESENT FOR FIELD AND RUNNING EVENTS.

6. Certified officials will be provided.

7. This meet has been applied for to be sanctioned by the FHSAA and all FHSAA rules will be enforced.

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 14'0

Boys 16'0

•Shot Put:

Girls 20'0

Boys 30'0

•Discus:

Girls 45'0

Boys 80'0

5:30PM 4 x 800m

6PM Running Events

100mH

110mH

100m

1600m

4x100m

400m

400H

800m

200m

4x400m