

The Inaugural Lewis James Invitational (Updated)

Saturday, March 9, 2024
Raines High School
Jacksonville, Florida 32209

1. Registration is on directathletics
(<https://www.directathletics.com/meets/track/82320Ahtml>)
\$100 per gender, \$200 for both teams.

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 (<https://gofan.co/app/school/FL17944>)
3. Entries/Entry Limits: Entries online at directathletics
(<https://www.directathletics.com/meets/track/82320Ahtml>) by Wednesday, March 6th @
11:59PM 3 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 will be sanctioned by the FHSAA and all FHSAA rules will be enforced.
8. Awards - Team Trophies: 1st Place & Runner-up
Individual Awards: 1st - 3rd place
MVP Award: Male & Female

Meet Directors:
Steven Bellamy, Kevin Aiken, Tralanda Masline

Meet Referee: Lewis James

Meet Schedule (Updated)

8AM - IMPLEMENT WEIGH IN
8:30AM - COACHES MEETING

9AM• Javelin (B followed by G)
9AM - 4x800m Relay

10AM - Field Events:
• Long Jump (G & B)
• Pole Vault (G followed by B)
• Shot Put (G followed by B)
• Discus (B followed by G)
• High Jump (G followed by B)
• Long Jump followed by Triple Jump
(4 Attempts in the Javelin, LJ, TJ, SP, & Discus)

****Minimum Distance Jumps/ Throws*** Note: All first jumps/throws will be measured.
If following jumps/throws do not meet the minimum requirement they WILL NOT be measured.

- Long Jump: Girls 15-0 Boys 18-0
- Triple Jump: Girls 26-0 Boys 38-0
- Shot Put: Girls 25-0 Boys 37-0
- Discus: Girls 50-0 Boys 90-0
- Javelin: Girls 60-0 Boys 100-0

10AM – Prelims

- 100m
- 100H
- 110H
- 3200m
- 200m

12PM – Intermission

1PM – Finals

- 100m
- 100H
- 110H
- 1600m
- 4x100m
- 400m
- 400H
- 200m
- 800m
- 4x400m

Presentation of Awards -

MVP Award: Male & Female

Team Trophies: 1st Place & Runner-up (Male/Female)