

The Lewis James Invitational

Saturday, March 8, 2025

Raines High School, 3663 Raines Ave.

Jacksonville, Florida 32209

Important Notes:

- LIMITED TEAMS WILL BE ALLOWED.
- TEAMS MUST RECEIVE A CODE TO REGISTER.
- ALL TIMES AND DISTANCES WILL BE VERIFIED.

1. Registration is on [directathletics](#)

\$150 per gender, \$250 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](#)

3. Entries/Entry Limits: Entries online at [directathletics](#) ; 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:

Kevin Aiken, Tralanda Masline, Anquinette Calhoun, Donovan Masline

Meet Referee: Lewis James

Jury of Appeals: TBA

Hurdle Crew: TBA

Hospitality: TBA

Meet Schedule

8AM - IMPLEMENT WEIGH IN (Garage)

8:30AM - WELCOME AND COACHES HOSPITALITY AND MEETING

9AM• Javelin (B followed by G)

10AM - 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 16-0 Boys 19-0
- Triple Jump: Girls 27-0 Boys 39-0
- Shot Put: Girls 26-0 Boys 38-0
- Discus: Girls 60-0 Boys 95-0
- Javelin: Girls 70-0 Boys 110-0

12PM – Intermission/ Special Recognition

2PM – Timed Finals

- 4x200
- 100H
- 110H
- 100m
- 1600m
- 4x100m
- 400m
- 400H
- 800m
- 200m
- 3200m
- 4x400m

Presentation of Awards -

MVP Award: Male & Female

Team Trophies: 1st Place & Runner-up

(Male/Female)