

The Lewis James Invitational

Saturday, February 28, 2026

Raines High School

3663 Raines Ave.

Jacksonville, Florida 32209

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](#) by **Monday, February 23rd@ 11:59PM 3 entries per event; 1 relay**.4. The meet will be team scored.

4. The meet will be timed by **JAC Timing & Data**.

**WIND GAUGES WILL BE PRESENT FOR FIELD AND RUNNING EVENTS.*

5. Certified officials will be provided.

6. This meet will be sanctioned by the FHSAA and all FHSAA rules will be enforced.

7. Awards - Team Trophies: 1st Place & Runner-up

Individual Awards: 1st - 3rd place

MVP Award: Male & Female

Meet Director: Steven Bellamy

Meet Referee: Lewis James

MEET SCHEDULE (Tentative)

8AM - IMPLEMENT WEIGH IN (Field House 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
- Chanel Ray 100H
- 110H
- Lewis James 100m
- 1600m
- 4x100m
- 400m
- 400H
- 800m
- 200m
- 3200m

- 4x400m

Presentation of Awards

MVP Award: Male & Female

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

For more information:

Steven Bellamy, Head Boys

Cross Country/Track and Field Coach

Raines High School

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Jacksonville, Florida 32209

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