



WNHS TRACK



Warrior Track Meet

March 26, 2025

Coach/Point of Contact: Rickey Armstrong Armstrongri@nassau.k12.fl.us

Girls Head Coach: Rickey Armstrong

Boys Head Coach: Richard Knott

Athletic Director: Richard Knott

Principal: Richard Pearce

Timing and Data: Jac Timing info@jactiming.com

- 1. Entry Fee, \$125 per gender or \$200 per school.**
- 2. Make check Payable to West Nassau High School. 1 Warrior Drive, Callahan, FL 32011**
- 3. General Admission: \$6 through GoFan or Cash at gate.**
- 4. Entries/Entry Limits: 4 Individual athletes per event/2 relay teams. Entries done on Directathletics.com by March 24th at 7:00 PM.**

ATHLETES, CHECK IN WITH CLERK AS EARLY AS POSSIBLE FOR HEAT/SECTION & LANE ASSIGNMENTS.

Team Coaches are responsible for verifying their athlete's implements in throws

3:00 PM: Gates open for spectators

3:00 PM: Coaches Meeting

3:30 PM: Field Events 3 attempts Javelin: Girls then Boys. Shot: Boys then Girls.

High Jump: Girls then Boys. Long Jump: Boys then Girls. Triple Jump: Girls then Boys.

4:30 PM:

4x800m

100m

1600m

4x100m

400m

800m

200m

3200m

4x400