

# **WEST NASSAU WARRIOR TRACK MEET**

April 11, 2024 Coach: Jackie Langford, langfordja@nassau.k12.fl.us

Athletic Director: Richard Knott

Principal: Richard Pearce

Timing and Data: JAC Timing

1. Entry Fee \$125 per school.

2. Make check Payable to West Nassau High School Athletics. One Warrior Dr. Callahan, Fl. 32011

3. General Admission: \$6 through GoFan

4. Entries/Entry Limits: 4 individual athletes per event/ 2 relay teams. Entries done on Directathletics.com by April 4th at 11:59 PM.

**ATHLETES MUST REMAIN IN THE TEAM CAMP/Visitor's Stands WHEN NOT COMPETING.**

Rolling starts. Times of events are approximate.

**ATHLETES SHOULD CHECK IN WITH CLERK AS EARLY AS POSSIBLE TO GET YOUR HEAT/SECTION AND LANE ASSIGNMENTS.**

Team Coaches are responsible for verifying their athlete's implements.

3:00 PM: Gates open

4:15 PM: Coaches Meeting

4:30 PM: Field Events 3 attempts Javelin: Boys, then Girls Shot: Boys, then Girls Discus: Girls, then Boys High Jump: Girls, then Boys Long Jump: Boys, then Girls Triple Jump: Boys, then Girls.

5:00 PM: 4x800M

5:30 PM:

100m I.H

110m H.H

100m

1600m

4x100M

400m

400m.h

800m

200m

3200m

4x400