

2024 Don Hall Invitational Track & Field Meet at Orange Park High School

Beynon 200 Full-Pour, Color, 13mm Embedded Track

Thur March 28 2024

Entry Fee

\$250.00 per school or \$125 per gender. Mail check to: Boys Head Coach Craig Martin, Girls Head Coach Joel Wallace, 2300 Kingsley Ave, Orange Park, FL 32073

Entry Limits: One Team per Gender, per school in Relay Events with optional non scoring b teams in 4 x 800 and 4 x 400.

4 Athletes per field event and individual running events.

Spike maximum $\frac{1}{8}$ and will be checked at check-in table (see map)

Athlete entries on www.directathletics.com

Spectator tickets will be available online.

Teams must set up on the visitor side of the track, no roaming around campus and teams need to remain off the field. Concessions will be available.

Meet Schedule:

3:00 pm Gates Open and Coaches meeting at start line

3:15 pm Field Events (3 Jumps / 3 Throws per event)

B/G Long Jump Followed by Triple Jump

Boys High Jump followed by Girls (starting heights 1.5m Boys – 1.37m Girls)

Girls Shot Put followed by Boys

Boys Discus followed by Girls (will follow Javelin at its completion)

Girls Pole Vault followed by Boys (starting heights 2.3m Boys –1.8m Girls)

3:30 pm

3200m Relay – (4 x 800)

3:30 pm

Javelin (Girls) followed by Boys

5:00 pm Finals and National Anthem (or, when last field event is over)

Hurdles 100m (Girls)

High Hurdles 110m (Boys)

100m Dash (Girls, Boys)

1600m Run (Girls, Boys)

4 x 100m (Girls, Boys)

400m Dash (Girls, Boys)

<< Short Senior Presentation >>

400m Hurdles (Girls, Boys)

800m Run (Girls, Boys)

200m (Girls, Boys)

3200m Run – If lapped, athletes must move to lane 2. Will run girls/boys together if under 24 total.

Throwers Relay 4 x 100m

4 x 400m relay