

***2023 River City Relays Classic
Track & Field Invitational***

***March 4, 2023
University of North Florida
Hodges Stadium
Jacksonville, Florida***

Online Entry at www.directathletics.com

Meet Director

Marchan Adkins

Marchan@adkinstrak.com

309-838-4130

30

Hosted by University of North Florida

Contacts

Ricky Fields- creeksidetrackandfield@gmail.com

Facility

The track is a 9-lane all-weather surface. Only ¼" or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done using

FinishLynx Cameras interfaced with Hy-Tek Meet Manager. No smoking, radios, glass containers, or alcoholic beverages are allowed in the facility.

Entry Information

All teams and unattached athletes must utilize Direct Athletics to register for this event.

Teams and independent athletes will have until **11pm EDT, Monday, Feb 27th** to complete registration.

Fees

The entry fee is \$50/athlete up to 13 or **\$300.00/team for 14 or more**. All entries are non-Refundable. Entries must be paid online or via Check made out to

Adkins Trak

11832 Mackenzie Rd
Yorkville, IL 60560

(we have a w9 if needed)

Eligibility

This meet is open primarily to High School programs in Florida, Georgia and South Carolina.

Entry Limitations

Individual Events- up to 4 athletes in each event.

6 Entries for 1600m event

4 additional entries for 100m B races

Top 24 entry times in the 1600m will race in 1600 Invite the remaining entries will race during the B section of 1600M

Relays—Teams will be permitted to enter 1 relay team.

Practice

The facility will be open from 2:00pm-6:00pm on Friday for teams to conduct practices. Additional practice time can be arranged by contacting Ervin Lewis.

Refreshments:

A Full Service Concession Stand will be provided and a hospitality area for coaches and officials.

Packet Pick-up

Packet pick-up will be available in the press box at the following times:

Friday, March 3	2:00pm – 6:00pm
Saturday, March 4	7:00am - 5:00pm

Only a member of the school's coaching staff may pick up team packets.

Check-in Procedures

Running Events: Initial check-in for all running events must occur at least 45 minutes before the scheduled start time of the event. Athletes should have their bib with them to check in. Athletes must return to the clerk's tent 15 minutes before the event. Athletes will be held in the warm-up area until the event is to start. All warm-ups should be completed before entering the tent.

Relays: Only one representative should check in to the clerks with their bib. If there is any change to a relay team's entry they must fill out or bring a completed relay card to check in. Relay cards will be placed in team packets.

Field Events: Athletes may begin checking in at the event area 60 minutes before the start of the event. Pole Vault may check in 90 minutes prior to start. Those not checked in 30 minutes before event start time may be scratched. Field event warm-up for all competitors may begin 60 minutes before the start of the event, but only if an official is present. 15 minutes before the event starts, warm-up will be restricted to the first flight of competitors only. 10 minute warm-up periods will be given between flights.

Weigh In

Friday, March 3 2:00pm-6:00pm

Saturday, March 4 7:00am – 4:00pm

- All implements must be checked in no later than 90 minutes before the start of the event.
- All impounded implements must be picked up before 2:00pm on Friday.

Lane Preferences

100/100H/110H 5-4-6-3-7-2-8-1-9

200/400/400H/4x100/4X400 6-7-5-8-4-9-3-2-1

We will avoid using Lane 1 in most heats of the 200/400/400H

Officials:

Anyone desiring to officiate at this meet is encouraged to send an email to Marchan@adkinstrak.com.

Saturday March 4, 20

Running Events

Time	Event	Gender	Notes
9:00am	1600M- B section	Girls	B Heat
9:30am	1600M- B section	Boys	B Heat

10:00am	100 (B Heat)	Girl/Boys	
10:45am	100H	Girls	Top 8 Advance to Finals
10:30pm	110H	Boys	Top 8 Advanced to Finals
11:00pm	100M Prelims		Top 8 Advance to Finals
12:00pm	DMR	Girls/Boys	
Evening Session			
2:00pm	100H Finals	Girls	
2:15pm	110H Finals	Boys	
2:30pm	100M Finals	Girls/Boys	
2:45pm	1600M Invite	Girls/Boys	Top 24 Entries
3:15pm	4x100	Girls/Boys	
3:30pm	400M Invite	Girls/Boys	Top 24 Entries
4:00pm	400MH	Girls/Boys	
4:30pm	4x200	Girls/Boys	
5:00pm	800M	Girls/Boys	

5:30pm	3200M	Girls/Boys	
6:00pm	4x400	Girls/Boys	

Marchan Adkins

(309) 838-4130

Marchan@AdkinsTrak.com

Ervin Lewis

(904) 252-9511

E.lewis@unf.edu

Ricky Fields

(904) 614-0149

creeksidetrackandfield@gmail.com

Field Events

Time	Event	Gender	Notes
9:00am	Long Jump	Girls	
11:00am	Long Jump	Boys	
9:00am	Discus Throw	Boys	
11:00pm	Discus Throw	Girls	
9:00am	High Jump	Girls	
11:00pm	High Jump	Boys	
9:00am	Pole Vault	Girls	
12:00pm	Pole Vault	Men	

Field Events

Time	Event	Gender	Notes
11:00am	Shot Put	Girls	
2:00pm	Shot Put	Boys	
12:00pm	Javelin Throw	Girls	
3:00pm	Javelin Throw	Boys	

Competition Warmup

Once the meet is underway, all warm-ups will need to be done on the practice track.

Field Events

All legal attempts will be measured for throws and horizontal jumps. Vertical jumps will have opening heights as follows:

Boys High Jump: 1.75m

Boys Pole Vault: 3.00m

Girls High Jump: 1.38m

Girls Pole Vault: 2.44

	Girls Min	Girls Bonus	Boys Min	Boys Bonus
Shot Put	8.00m	9.10m	12.00m	13.50m
Discus	23.00m	27.00m	30.00m	37.00m
Long Jump	4.30m	4.55m	5.50m	6.10m
Triple Jump	8.50m	9.15m	11.25m	12.20m
Javelin	15.24	27.43	27.43	39.00m

Sports Medicine

Athletic trainers and sports medicine staff will be available at the south end of the track near the scoreboard. For additional sports medicine needs

please email Fred Burnett at Fred.Burnett@unf.edu

Awards

The winner(s) of each event will receive an award. All awards can be picked up at the packet pick-up location.

Results

Live results can be found at Results.AdkinsTrak.com.

Updates

Heat and lane assignments will be located on Results.AdkinsTrak.com. For updates regarding the meet, weather etc. please follow [@AdkinsTrak](https://twitter.com/AdkinsTrak) on Twitter.

Parking

There is ample parking space at Hodges stadium. Please see diagram on last page. Additional parking information can be found at packet pick-up.

Hotel Information

Visit Jacksonville has partnered with us to offer the lowest hotel rates available. You can select your lodging using this URL <http://groups.reservetravel.com/group.aspx?id=60415>.

Tent Rental

For all of your tent rental needs please contact:

All About Events

william@allabouteventsjax.com

William Mumpower

904-379-6822

Admission:

A daily admission charge of \$12.00 will be assessed for everyone not competing in the meet. Coaches will be provided passes. Spectator tickets will be sold online.

The University of North Florida facility has a recently renovated warm up track.