



11th Annual Friday Knight Invite March 15th 2019

Entry Fee: \$200 per school. Checks made out to Creekside Track & Field. Send to: CHS Track and Field, 100 knights Lane, Jacksonville Florida 32259.

General Admission: \$5

Entries/Entry Limits:

Only 14 teams will be accepted into this meet, Email Chris Navarro to reserve your spot – coachnavs@gmail.com. Entries done on Direct Athletics by Tuesday March 12th @ 11:59pm.

4 entries in all individual events and 1 relay team per relay

12 entries for 1600 and 100. Prelims for the 100, 200, and 400 will be run after the 4x800. Only the top 21 times in the 1600 and 28 times in the 3200 will run in finals. All other entries will run after the 4x800.

Time Schedule:

12:30 – Javelin Throw

2:00 - Coaches Meeting (track office near start line)

2:30 - Field events (1st attempt measured, no finals, but bonus attempt given)

Boys Long jump followed by Boys Triple Jump

Boys Discus followed by Girls

Girls High Jump followed by Boys

Boys and Girls adaptive Shot Put

Girls Long Jump followed by Girls

Girls Shot Put followed by Boys

Girls Pole Vault followed by Boys

	Girls Minimum	Girls Bonus	Boys Minimum	Boys Bonus
Shot Put	8.00m	9.10m	11.00m	12.40m
Discus	20.00m	27.00m	28.00m	37.00m
Long Jump	4.30m	4.55m	5.50m	6.10m
Triple Jump	8.50m	9.15m	11.25m	12.20m

Opening Heights

Girls High Jump - 1.35m

Boys High Jump - 1.70m

Girls Pole Vault - 2.35m

Boys Pole Vault - 3.00m

3:00 – 4x800m Girls Followed by Boys.

3:30 - Prelims and Consolation Races	6:00 - Running Events (Heats against time)	
100m prelims – Girls, Boys; Top 14 to finals	100mh - Girls	300mh – Girls, Boys
Consolation 1600m – Girls, Boys	110mh - Boys	800m – Girls, Boys
400m prelims – Girls, Boys; Top 14 to finals	100m – Girls, Boys	200m – Girls, Boys Top 14
200m prelims – Girls, Boys; Top 14 to finals	1600m – Girls, Boys Top 21	3200m – Girls, Boys Top 28
Consolation 3200m – Girls, Boys	4x100m – Girls, Boys	4x400 – Girls, Boys
	400m – Girls, Boys Top 14	



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Officials:

Meet Manager:	Chris Navarro
Official:	Cheryl Washington
Starter:	Brian Yates
Clerks:	Mandy Yates & Beth Toner
Stagers:	Ricky Fields & Chris Navarro
Timer:	Elite Timing
Finish Line:	Chris Navarro & Nate Perez
High Jump:	Ricky Fields
Girls LJ & TJ:	Cheryl Washington
Boys LJ & TJ:	Leroy Leavell
Discus:	JC Calhoun
Shot Put:	Nick Lambros
Pole Vault:	Billy Redden & Brian Till
4x100 Exchange Zones:	Fields, Washington, Perez
Announcer:	Steve Curran & Chris Navarro
Hurdle Crew:	CHS Track & Field JV Team

Team camps: We are asking that all team camps be set up on the visitor side of the track and around the first turn of the track. If you have your team sets up anywhere else, they will be asked to move. Please keep your athletes out of the stands on the home side - we would like to keep this area for spectators. Each team will be given a trash bag at the coaches meeting. Please have your athletes clean up after themselves.

Creekside Campus: Per Creekside Administration, no one is allowed in the school

Building. Those caught in the building will be disqualified and asked to leave the campus. You have access to all practice fields for warm ups. Do not go past the gym.

Warm Up: No warming up on the track. Complete all warm ups on or around the practice fields or around the Softball/Baseball area. No access to the baseball and softball field. Exit and Entrance for warm up areas is the gate near the tennis courts close to the 200 start.

Infield Access: Please keep your team off the infield if they are not competing. Athletes must enter at the open gate behind the 100M Start. Coaches, only, may enter via the gate on the first turn. These are the only entrances to the infield. **Please let your athletes know that if they jump the fence they will be disqualified from the meet.** Athletes must be ready to compete before they enter the track; Spikes on and no warm ups (unless weather requires). They also must know heat and lane assignments or must be wearing chest numbers for distance and 4x400m.

Athlete Check In: Each schools will be given heat sheets by email and a hard copy at the coaches meeting. Please inform your sprinters of the event, heat number and lane they are in. **Chest numbers can be picked up at the check in area at the "Hydration Station" behind concession stand near finish line.** We ask that all athletes pick up their chest number by the start of finals. Athletes will not be permitted to access the infield unless they know their heat and lane assignment or if they are wearing their chest number.

Awards: Event Winner Shirts to 1st place plus, Medals to 1st to 3rd places, and Ribbons to places 4 to 8. Plaques will be given to team champion and runner-up. Medal and ribbons can be picked up at the press box 5 minutes after the boys 4x400. Event Winner Shirts can be picked up near the race staging area, once results have been made official.



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Track Layout

