



2019 St. Johns Country Day School Track and Field Mini Invitational #1

- Location:** St. Johns Country Day School, 3100 Doctors Lake Drive, Orange Park, FL 32073;
Six (6) lanes, Rubberized Track
- Date:** Tuesday, March 12, 2019
- Entry Deadline:** Sunday, March 10, 11:59 PM; Only Six (6) teams allowed; Email Charles McEwan
cmcewan@sjcds.net for **Registration Password**.
- Timing:** J7 Sports Event Management; Fully Automatic Timing (FAT)
- Entry Fee:** \$30.00 EACH, Male and Female teams; make checks (not personal) payable to St. Johns
Country Day School. **Payment accepted at Coaches meeting**
- Entries:** Schools allowed Eight (8) entries per team in Individual events, and two (2) Relay teams
and Four (4) entries per Field event.

All Heats run as FINALS; Three (3) Attempts allowed in Field events

- Schedule:** 2:30PM: Track opens for teams
3:00 pm: Coaches Meeting
3:30pm: Field Events; Long Jump, High Jump, and Shot Put
4:00pm: Running Events (rolling schedule); Female events run first
- 1600m
 - High Hurdles
 - 100m Dash
 - 400m Dash
 - 300m Hurdles
 - 200m Dash
 - 800m Run
 - 4x400m Relay
 - 4 x100m Throwers Relay
- Admission:** Adults \$5, Students FREE
- Parking:** Bus and Spectator parking available (students dismiss 3:30 PM)

Concession will be available