

2019 Jacksonville Athletic Club



Combined Events Championships

August 10th-11th at The Bolles School

Meet Information

The Jacksonville Athletic Club is proud and excited to host the 2019 JAC Combined Events Championships. This event is to serve as a combined event opportunity for any athlete who is interested in putting up a great score. This competition will be hosted by former combined event athletes, and current combined event coaches. The meet will be held on the campus of the beautiful Bolles School, located in Jacksonville, FL (7400 San Jose Blvd, Jacksonville, FL 32217)

Rules- The meet will be conducted under USATF rules.

Seeding- We will run all races / events with the best wind conditions possible, as well as seeding them properly, to ensure the best competition possible.

Entry Information- All entries will be done on DirectAthletics. Entry fee is \$20 per athlete. Direct link to entries form can be found here:

<https://www.directathletics.com/meets/track/58019.html>

Entry Deadline- All entries must be in, and paid for, by midnight, August 5th, 2019.

Parking- Please park next to the track / football field.

The design of this meet is to maximize the score for each athlete. Each event will be seeded to allow for maximum performance and running direction and field event venues will be set up to provide the most optimal conditions for performance. Implements will be collected for certification at the beginning of each day and brought to the event site.

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Tentative Time Schedule

Day 1

**Saturday, August 10th
Decathlon**

1:30pm	100m
2:15pm	Long Jump
3:15pm	Shot Put
4:30pm	High Jump
6:30pm	400m

Day 2

**Sunday, August 11th
Decathlon**

11:00am	110mH
12:00pm	Discus Throw
1:30pm	Pole Vault
4:00pm	Javelin Throw
5:00pm	1500m

Day 1

**Saturday, August 10th
Heptathlon**

3:00pm	100mH
3:45pm	High Jump
5:30pm	Shot Put
6:30pm	200m

Day 2

**Sunday, August 11th
Heptathlon**

2:00pm	Long Jump
4:00pm	Javelin Throw
5:30pm	800m