



TKA Track & Field Varsity Invite #1

February 14, 2024

Coaches Meeting **1:30**

Meet Start: **2:00**

Please be sure to register your team at Direct Athletics and bring entrance fee to TKA no later than meet day.

Please be prepared to have one of your coaches supervise a field event.

Entry Info:

Entry Deadline is 9:00 a.m. two days before the meet Teams must register on DIRECTATHLETICS

Entry Fee: **\$200** entry fee (\$100 girls team/\$100 boys team) to TKA.

Checks made payable to: The King's Academy, ATTN: Athletics 8401 Belvedere Road, West Palm Beach, FL 33411

Admission: \$5 Admission Fee

Bus Information: Buses may enter the rear bus loop near the tennis courts and drop off, but must complete drop off by 1:30pm. Once bus drop off is complete, they must park in the southernmost side of the main parking lot. All parents must park in the main lot.

4x800 & Field Events Start Promptly @ **2:00 p.m.**

Field Events:	Order of Running Events:
High Jump: G/B – 5cm increments	4x800
Pole Vault: G/B- 15cm increments	100/110 Hurdles
Long/Triple Jump	100m Dash
<ul style="list-style-type: none">G&B start at the same time (south runway-girls/ north runway- boys)	1600m Run
<ul style="list-style-type: none">Long Jump first, followed by Triple Jump	4x100 Relay
<ul style="list-style-type: none">3 jumps measured	400m Dash
Shot Put: B/G	400m Hurdles
<ul style="list-style-type: none">3 throws measured	800m Run
Discus: G/B	200m Dash
<ul style="list-style-type: none">3 throws measured	3200m Run
Javelin (start after B Disc): G/B	4x400 Relay
<ul style="list-style-type: none">3 throws measured	

TKA Varsity Head Coach and Meet Director

Nate Davis // ndavis@tka.net // 318.465.5304

Meet Map



KEY:

- Orange Box – Coaches Boxes
- Aqua Box – Athlete Staging
- Green Box – Spectator Areas
- Red Box – Check in and Timing Tents
- Pink Line – Safety Flag/Fencing

No one allowed in the infield. There is a designated section near the team area for warmups. You are allowed to do team warmups on the track prior to 1:50pm. After that, the track will be closed for warmups.