 **2019 Eastwood Middle/Eastwood Knolls Track Meet**

**Hosted by Eastwood High School**

**Thursday March 7th 4pm**

***All Field Events 3 Attemps***

Triple Jump, Girls 7th & 8th grade open pit 4-5:30pm followed by Boys 7th & 8th grade 5:30pm -7pm

Long Jump Boys 7th & 8th grade open pit 4-5:30pm followed by Girls 7th & 8th grade 5:30pm-7pm

Girls Discus (at East Point) 7th then 8th grade North Ring

Boys Discus (at East Point) 7th followed by 8th grade South Ring

Shot Put starts at 4pm Boys 7th followed by Boys 8th followed by Girls 7th followed by Girls 8th

**Thursday April 9th 9am (running event order-7th Girls,8th Girls,7th Boys,8th Boys)**

4x1 Relay Timed Final

800m Final

100 Hurdle Final

110 Hurdle Final

100m Final

4x2 Relay Timed Final

400m Final

300 Hurdles Final

200m Final

1600m Final

4x4 Relay Timed Final

Results for all races can be found by going to **ehstrack.bravehost.com** then clicking on **TRACK MEET** **INSTANT RESULTS**

**We will be identifying your athletes by the lane they run in, please inform your athletes to stay in their lane and to walk back in their lane after they cross the finishline. We will combine heats and divisions WHENEVER possible so please pay attention and help your kids!! Thank you!!!**

***Shot Put and Discus will take place at East Point Elementary school. Shuttle bus will run back and forth from Eastwood field house to East Point starting at 3pm.***

Deadline to enter athletes is Wesnesday, March 6th at 5PM. Please **DO NOT** enter bogus entries just to save a spot **“just in case**” I promise you, that if you need to add an athlete and we have an empty lane, we will put them in. Of course it is much better to do any adds before the meet starts, so please try to handle any adds as soon as possible. If you do not enter bogus entries the meet will run much faster and smoother. Thank you!!! Entries will be taken through **runnercard.com** If you already have an account, you know what to do. If you do not have an account, go to the website and set up an account. If you have any problems just contact me at [**mmpre@hotmail.com**](mailto:mmpre@hotmail.com)