**Eastwood Knolls Track Meet @ Eastwood High School**

**Starts @9:00a.m.**

**Scratch Meeting @8:30 a.m.**

**Assignments:**

**Camino Real Coaches: Shot Put/Discus**

**Desert View Coaches: Long Jump/Triple Jump**

All field events will start at 9:00 a.m. All throwing/jumping field events will have 3 attempts.

\*Coaches are required to bring their own measuring tape to their assignments! This is mandatory.\*

7th/8th Girls followed by 7th/8th Boys. If needed, heats will be combined to ensure an efficient and timely meet.

Running order:

2400 M Run

400m Relay

800m Run

110m Hurdles (Boys)

100m Hurdles (Girls)

100m Dash

800m Relay

400m Run

300m Hurdles

200m Dash

1600m Run

1600 Relay

**Mandatory No Exceptions!**

No athlete is allowed to use any mark on the track and field other than tennis balls. This is in compliance with the rules Eastwood High school has set for us. This track is brand new so no exceptions will be made.