

Annual Eagle Invitational

March 4, 2017

Meet Schedule: (Entries 3 Individuals, 2 Relays per team)

9:00 A.M. Meeting for coaches in the field house

9:30 A.M. (Field Event Session I) Girls Discus, Boys Shot, Girls Long Jump, Girls Pole Vault, Boys Triple Jump, and Girls High Jump

10:00- Distance Medley (Boys) (1200, 400, 800, 1600) (1 Heat)

10:30-Distance Medley (Girls) (1200, 400, 800, 1600) (1 Heat)

10:55 - Girls 3200m (1 Heat)

11:15- Boys 3200m (1-2 Heats)

11:15 (Field Event Session II) Boys Discus, Boys High Jump, Boys Pole Vault, Boys Long Jump, Girls Shot, Girls Triple Jump

11:50 800m

Running Events will have the girl's heats followed by the boy's heats

1:00 -4 x 100m Relay

1:30-100m Dash

2:10-100m Hurdles/110m Hurdles

2:35-1600m Run

3:10-4 x 200m Relay

3:45 300m Hurdle

4:15 4 x 400m Relay

Individual Awards:

1st, 2nd, 3rd –Medals (Individuals or Relays)

4th, 5th, 6th, 7th, 8th-Ribbons (Individuals or Relays)

Entry Fee: \$75 for one team (Men or Women) \$125 for both men and women's team

Payable to East Jackson High School