

Steve Collins, Asst. Track Coach
East Jackson Comprehensive High School
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January 24, 2013

Dear Coach,

I want to thank you for showing interest in our annual Eagle Invitational. We are going to conduct the meet as last year; however there are some time changes noted below.

For the individual events you may enter 3 athletes. Please rank them as number 1, 2, or 3 in the event. We will create heats and flights using that information. For the relays, please hold the entries to 2 teams per relay. Also, rank them as number 1 or 2 for heats. Competitors in the individual field events will get 4 jumps or throws with no finals. The running events will be run against time. We will have FAT timing for the meet.

Order of Events

10:00		11:00		12:00	
Girls	Discus	Girls	3200	Girls	Shot
Boys	Shot	Boys	3200	Boys	Discus
Girls	Long Jump	Girls	Pole Vault	Boys	Pole Vault
Boys	Triple Jump	Girls	Triple Jump	Boys	Long Jump
Girls	High Jump	Boys	High Jump		

Running events will have the girls' heat followed by the boys' heat. We will also condense heats if needed. The times for the running events are not set in stone.

- 1:30** 4 x 100 Relay
- 1:50** 4 x 800 Relay
- 2:20** 100 M Dash
- 2:40** 100/110 Hurdles
- 3:10** 1600 M Run
- 3:25** 4 x 200 Relay
- 3:45** 300 M Hurdles
- 4:00** Break
- 4:15** 4 x 400 Relay

Please contact me with any questions.

Thanks again,
Steve Collins

EAST JACKSON COMPREHENSIVE HIGH SCHOOL

Track and Field

Fees and Admission

The entry fee will be \$100.00 per school, which will include both boys and girls. Make checks payable to ***East Jackson Comprehensive High School***. Admission will be \$5.00 for adults and \$4.00 for students.

Awards and Presentations

We will score 6 places and give awards for 6 places. All awards should be picked up by the coach at the conclusion of the meet. Team scores will be announced periodically, and results for events will be posted at the press box after the results have been confirmed. Team trophies will be given for 1st thru 4th place at the end of the meet.

Facilities, Equipment, and Procedures

8 lane latex track, runways, and jump apron

Concrete throwing circles – 34.92 degree sectors (**no spikes in the circles**)

¼ “spikes or less

Restrooms, concessions, and warm-up areas available

The field house and school buildings are off limits to **ALL** athletes.

The shot, discus, long jump, and triple jumps will receive **4** throws or jumps, no finals.

Field events will be in flights, high jump will be 5 alive.

Running events will be heats vs. time, no finals.

Have athletes report promptly to the clerk when called and exit the field when they have completed the event.

Entry Limits

Athlete may compete in a maximum of 5 events with a maximum of 3 individual events and not more than 4 running events.

Teams

Loganville

Banks County

Franklin County

East Jackson

Habersham Central

Jackson County

Oglethorpe County

Entry Sheets

Please complete the entry on line with Bruce Taylor runninggodz@yahoo.com. He will be setting heats and flights, timing and scoring.

Thank you,

Steve Collins

scollins@jackson.k12.ga.us.

(706) 757-2558 Home

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