

Steve Collins, Asst. Track Coach
East Jackson Comprehensive High School
1435 Hoods Mill Road
Commerce, Ga. 30529
(706)-336-8900 Phone
(706)-335-2928 Fax
scollins@jackson.k12.ga.us

January 24, 2013

Dear Coach,

I would like to invite you and your team to our sixth annual **Jr. Eagle Invitational** for middle school track programs. The date for the meet will be **Saturday, March 16**. The entry fee will be \$50.00 for a boys or girls team or \$100.00 per school for both. I am sending this invitation so you can begin with your schedules.

The format is listed below:

FIELD EVENTS

Shot Put (4 kg)
Discus (1 kg)
Long Jump
Triple Jump
High Jump

RUNNING EVENTS (in order)

4 x 800 Relay
4 x 100 Relay
1600 m Run
100 m Dash
4 x 200 Relay
400 m Run
100 m Low Hurdles
4 x 400 Relay

Please hold the entries to only **one relay team per school** (one boy's and one girl's) and two entries per school in the individual events. To involve more athletes we will allow **one individual to compete in two relays and two individual events. A maximum of 4 total events per athlete.**

Some schools have already reserved a spot. Please e-mail me by **January, 31** to reserve a place for your team; we will hold the entries to the first 16 schools. Individual metals and ribbons for the first 6 places and team trophies to the top 4 schools will be awarded. Entry information will be sent out when you respond.

If you have any questions please contact me at the above address, phone or e-mail. E-mail will be the best.

Sincerely,

Steve Collins

EAST JACKSON COMPREHENSIVE HIGH SCHOOL

Track and Field

Entries and Fees

Please hold the number of entries to **one relay team per school and two entries per individual event**. Check the entry sheet to confirm the individual entry restrictions. The entry fee will be \$50.00 for a single team and \$100.00 for two (girls and boys). Make checks payable to **East Jackson Comprehensive High School**.

Awards and Presentations

We will give awards to the top 6 individuals in each event, including all members of the relay teams. All awards will be given to the coaches at the end of the meet. The announcer will recognize the athletes as soon as the event is over and recorded. Team scores will be periodically updated. Results will be posted on the press box, do not come and ask for results, they will be posted.

Facilities, Equipment, and Procedures

8 lane latex track, runways and jump apron

Concrete throwing circles 40 degree sectors (**no spikes in the circles**)

¼ "spikes or less

Restroom, concessions and warm-up areas available

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

The shot, discus, long and triple jumps will receive three throws or jumps, no finals.

Field event 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.

Admission: Adults \$5.00 Students \$4.00.

Order of Events

9:00a.m. Scratch meeting will be in the field house, work assignments and duties will be given then. Please have your entry fee to me by then if not earlier.

9:30a.m. events

Boys shot (4kg)

Girl's discus (1kg)

Boys long jump

Girls triple jump

Girls high jump

10:30a.m. events

Boys discus (1kg)

Girls shot (4kg)

Girls long jump

Boys triple jump

Boys high jump

12:00 p.m. running event order

Girls will be first followed by the boys.

1. 4 x 800 relay

2. 4 x 100 relay

3. 1600 m run

4. 100 m dash

5. 4 x 200 relay

6. 400 m run

7. 100 m hurdles

8. 4 x 400 relay

Team trophies will be presented following the last race. Individual awards can be picked up in the press box following the meet by a coach for each school.