

Steve Collins & Tomy Sitton Track and Field Coaches

East Jackson Comprehensive High School

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Dear Coach,

I would like to invite you and your team to our fifth annual **Jr. Eagle Invitational** for middle school track programs. The date for the meet will be **Saturday, March 17, 2012**

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 RUNNING EVENTS (in order)

Shot Put (4 kg) 4 x 800 Relay

Discus (1 kg) 4 x 100 Relay

Long Jump 1600 m Run

Triple Jump 100 m Dash

High Jump 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 (two boys and two girls) 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.**

Some schools have already reserved a spot. Please e-mail me as soon as possible 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.

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

Tomy Sitton

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, (**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: \$ 5.00 Adult and school age children.

Order of Events

9:00a.m. Scratch meeting will be in the field house, work assignments and duties will be given then.

9:30a.m. events 10:30a.m. events

Boys shot (4kg) Boys discus (1kg)

Girl’s discus (1kg) Girls shot (4kg)

Boys long jump Girls long jump

Girls triple jump Boys triple jump

Girls high jump Boys high jump

12:30 p.m. running event order

Girls will be first followed by the boys.

1. 4 x 800 relay 5. 4 x 200 relay

2. 4 x 100 relay 6. 400 m run

3. 1600 m run 7. 100 m hurdles

4. 100 m dash 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.