

# Meet Information

\$45.00 for one team or \$80.00 for Both

Payments Mail or bring checks/money order made out to Eastside High School Track and Field.

Coaches since this is a early season meet, coaches will be allowed on the infield.

All warmups will be done outside of the fenced track area,(No warm ups on the infield) Coaches please help with this.  
Team Camps will be set up outside the gated areas, no team tents inside the gated track area.

Coaches meeting will be held at 9am, in the in field.

Spectators admission will be \$5.00  
there will be no parking fee.

Field Events will start at 9:15am and the 4x800

B-Races will take place at 10am

Running Events will start at 11:45am

All running events are finals

You will be allowed up to 4 athletes per event

Teams will be allowed to run up to 3 relay teams, only one will score.

Meet will be FAT timed. (Half-Mile Timing)

B-Races Will be the 100m dash followed by the 1500m

## ORDER OF EVENTS

Field Events starting @ 9:15am

Girls 4x800 Relay

Boys 4X800 Relay

Girls Long Jump/Boys Long Jump

Girls Shot Put/Boys Discus

Girls Discus/Boys Shot Put

Boys High Jump/Girls High Jump

Girls Triple Jump/Boys Triple Jump

## RUNNING EVENTS 11:45am

Girls 100m Hurdles

Boys 110m Hurdles

Girls 100m Dash

Boys 100m Dash

Girls 1500m Run

Boys 1500m Run

Girls 4x100m Relay

Boys 4x100m Relay

Girls 300m Dash

Boys 300m Dash

Girls 300m Hurdles

Boys. 300m Hurdles

Girls 600m Dash

Boys 600m Dash

Girls 200m Dash

Boys 200m Dash  
Girls 3200m Run  
Boys 3200m Run  
Girls 4x400m Relay  
Boys 4x400m Relay

Please make parents and spectators aware that the entry fee for them is \$5.00 cash only. We will have concessions, please bring tents and lawn chairs.

If you have any questions please contact Coach Sheppard at [sheppardt@gm.sbac.edu](mailto:sheppardt@gm.sbac.edu)

**Registration help:**

[fl.milesplit.us/pages/Online\\_Meet\\_Reg\\_Instructions](https://fl.milesplit.us/pages/Online_Meet_Reg_Instructions)