

# East Tigers Invitational

Friday May 4, 2018



Dear Coaches,

On behalf of the East Coaching Staff we would like to thank you for attending the 2018 East Tiger Invitational will take place on Friday May 4<sup>th</sup> beginning with field events 4:00 p.m Running at 4:30 . All field events will be 4 attempts except the high jump.. Throws will be 2+2 attempts. Long jump will be open pit. Boys 4:00-5:15 pm. Girls 5:30-6:45.

Running events will be limited to 2 entries per school. Heats will go slow to fast so please use accurate seeds times. We want athletes to have the best competition and spectators to see great races.

Registration is currently open on Baumspage and will close on Wednesday May 2<sup>nd</sup> 8:00 p.m. The coaches meeting will take place at 3:30 p.m.

**Additional questions contact DeCarlo Blackwell- 614-805-9713 or [blackwelldm@hotmail.com](mailto:blackwelldm@hotmail.com)**

**Teams:** TBA

**Team Entry fee:** \$150/school (boys and girls).

**Admission:** \$5 gates will open at 2:30 p.m.

**Awards:** Medals (1<sup>st</sup>-3<sup>rd</sup>). Team trophies 1<sup>st</sup> and 2<sup>nd</sup>. Available after the meet.

**Facilities:** Restrooms located on each side of the stands. Locker rooms are not available.

The Clerks area will be located behind the 110m hurdles. The Athletic trainer will be located at the finish line.

**Hospitality:** Coaches and officials 5:30-6:30. Tickets are required.

## **Order of Events:**

**4:00 pm**

**Field Events 4 attempt finals (2+2 throws). High jump 3 attempts.**

Girls shot put and high jump (4:00-5:15)

Girls long jump (5:30-6:45 open pit)

Boys discus and long jump (4:00-5:15 open pit)

Boys High Jump

**4:30 pm**

4x800 relay

100/110h

100m

4x200 relay

1600m

4x100 relay

400m

## **Recognition of Seniors**

300mh

800m

200m

3200m

4x400 relay

Please tell your athletes to stay off the football field. We do not want anyone on the infield except the athletes warming up for their heats.