



# Eastwood High School

Dual meet: Eastwood, McComb



4900 Sugar Ridge Road, Pemberville, OH 43450 419-833-3611 [www.eastwoodschoools.org](http://www.eastwoodschoools.org)

Hello,

As you know, you are scheduled to compete in a dual meet at Eastwood High School on Tuesday, March 29th. We would like to start field events at 4:30, with running events beginning at 5:00.

**Entries:** This year, we are doing all entries online at [www.baumspage.com](http://www.baumspage.com). The window is already open, and it will close **at 6:00 PM Monday, March 28th**. Since this is the night before the meet, there will be no scratch window. We will of course accept changes on Tuesday, but do your best to keep them to a minimum. We will even take changes during the meet if necessary. The meet will be drawn Monday night, and the lane assignments will be emailed to you, and put on baumspage as well.

**Sprints:** Enter as many individuals as you want. Do your best to estimate their performance times when entering your athletes so we can have accurate draws. Also, rather than relying strictly on times, we will make sure athletes from each school are in each heat. All races from the 400m down will be run in multiple heats, from **fastest to slowest**, with scoring possible from any heat.

**Distance:** Enter as many individuals as you want. For all races 800 m and up, all runners will be run in one heat. However, unless the weather is an issue, all boys and girls events will be run separately.

**Field Events:** In the field events, there will be 4 attempts, with flights drawn from shortest to longest. As in the sprints, we will try to put athletes from each school in each flight. We will start with these events: girls vault, girls discus, boys high jump, and boys shotput. When those are done, the opposite gender will then compete. Boys and girls long jump will be open pit together for an hour and a half.

**Relays:** Enter up to 4 relays per event. If you need more, email and we'll figure out a way.

**Facilities:** We have an 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use  $\frac{1}{8}$  or  $\frac{1}{4}$  inch spikes. Tape is acceptable for marking the jumps, and tennis balls or the like should be used for relays. Please supply your own batons.

**Concessions:** We will have our concession stand open.

**Meeting:** Come to the press box upon arrival for any last minute changes or instructions.

**Info:** For questions or information, please contact:  
DJ Michel, [djmichel@eastwoodschoools.org](mailto:djmichel@eastwoodschoools.org), (419) 308-6900, Eastwood Track Coach  
Nikki Sabo, [nsabo@eastwoodschoools.org](mailto:nsabo@eastwoodschoools.org), (419) 833-3611, Eastwood Track Coach  
Brian Sabo, [bsabo@eastwoodschoools.org](mailto:bsabo@eastwoodschoools.org), (419) 250-7653, Eastwood Track Caocn