



EASTWOOD EAGLE THROWERS INVITE

Events: Shot Put, Discus, and Hammer

EASTWOOD HIGH SCHOOL THROWING CIRCLES

SUNDAY MAY 7, 2023

Eastwood high school is hosting a Track and Field Throws Only meet. This meet is a competitive and fun event that displays the Throwing Events that are a part of the sport of Track and Field. The major focus of this meet is to provide another Hammer event to showcase these athletes and let the track world know that "Hammer" is alive and well in the state of OHIO.

- Cost of the meet is \$10 per athlete. Max entry \$50 per team (B&G) Admission is free.
- There is no limit to the number of entries from a team.
- The meet is open to **boys and girls** high school track athletes.
- The track and circles are located at 4900 Sugar Ridge, Pemberville, Ohio 43450.
- There will be two discus cages, 1 shot put ring, and 1 hammer cage.
- Energy and Loud Environment
- 3 throws in prelims and 3 throws in finals - 9 to finals. You need a mark to make finals.
- Make Checks payable to Eastwood Track and Field
- Entries on Baumspace. We will welcome walk up registration.

Time Schedule:

12:00 pm Boys Discus and Girls Shot Put

1:30 pm Girls Discus and Boys Shot

3:00 pm Boys and Girls Hammer

Brian Sabo (Head Boys Track Coach)

Email: bsabo@eastwoodschoools.org

W:419-833-6011

C: 419-250-7653

Eastwood Middle School

4800 Sugar Ridge Road

Pemberville, Ohio 43450





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Entries can be done on Baumspage but those that wish to mail or email.

Entry Sheet

Discus: Name

Best Mark

1. _____

2. _____

3. _____

4. _____

5. _____

Hammer: Name

Best Mark

1. _____

2. _____

3. _____

4. _____

5. _____

Shot Put: Name

Best Mark

1. _____

2. _____

3. _____

4. _____

5. _____

Make copies as more entries are needed