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## EASTWOOD EAGLE THROWS INVITE

Events: Shot Put, Discus, and Hammer

EASTWOOD HIGH SCHOOL THROWING CIRCLES

SUNDAY MAY 5, 2019

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 4800 Sugar Ridge, Pemberville, Ohio 43450.
- There will be two discus cages, 1 shot put ring, and 1 hammer cage.
- Energy and Loud Environment
- Depends on # of entries. There will **possibly** be a minimum standard mark lines. We will determine marks but an example would be:  
B-disc 115, G-Disk 90, B-Shot put 40, G-Shot put 30, B-Hammer 120, G-Hammer 100.
- 3 throws in prelims and 3 throws in finals - 9 to finals
- Make Checks payable to Eastwood Track and Field
- Entries on Baumspace. We will welcome walk up registration.

### Time Schedule:

12:00 pm Boys Hammer and Girls Shot Put

1:30 pm Girls Hammer and Boys Shot

3:00 pm Boys Discus and Girls Disc (2 rings)

Dwight Fertig (Middle School Principal) or

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Eastwood Middle School

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Pemberville, Ohio 43450

Brian Sabo (Head Boys Track Coach)

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Eastwood Middle School

4800 Sugar Ridge Road

Pemberville, Ohio 43450





# **EASTWOOD EAGLE FIELD EVENT THROWS ONLY INVITE**

**Events: Shot Put, Discus, and Hammer**  
EASTWOOD HIGH SCHOOL THROWING CIRCLES  
SUNDAY MAY 5, 2019

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