

MAC B3 EAST HIGH INVITE

FRIDAY, MAY 1, 2020@ EAST HIGH SCHOOL

Please email your intent to participate to:

sheri.munoz@rcsdk12.org or bryan.ragland@rcsdk12.org

DEADLINE FOR ENTRY AND ENTRY FEES –Monday, April 27, 2020 (Yen timing)

START TIME: 4:00 PM COACHES MEETING: 4:10 PM

TRACK EVENTS BEGIN: 4:30 PM FIELD EVENTS BEGIN: 4:30 PM

15-18 TOTAL TEAMS ACCEPTED.

ALL CO-ED FIELD EVENT ENTRANTS MUST HAVE 3 MALES AND 3 FEMALES FOR A COMPLETE CO-ED TEAM. CO-ED EVENTS WILL BE CATEROGIZED AS BEING BEAUTY & BEAST RELAYS.

***=ALL BEAUTY & BEAST EVENTS.** DURING THE CO-ED RELAYS THE SAME GENDERS WILL RUN AGAINST EACH OTHER AND THE TIMES WILL BE ADDED FOR THE WINNING TIME.

ORDER OF EVENTS: ALL RUNNING EVENTS WILL BE FEMALES FIRST

1. 400 HURDLES 2. 1500M/1600M 3. 100/110 HURDLES 4. 400M
5. 200M 6. 100M
7. *CO-ED SPRINT MEDLEY RELAY(400M–MALE, 200M-FEMALE, 200M–MALE, 800M-FEMALE)
- 8.*CO-ED 4X400M RELAY 9. 4X400M RELAY 10. *CO-ED 4X100M RELAY
11. 4X100M RELAY

THE LONG JUMP, TRIPLE JUMP, SHOT PUT, AND DISCUS THROW WILL HAVE 3 ATTEMPTS.

***DISCUS THROW- BOYS 1ST *SHOT PUT –GIRLS 1ST**

***HIGH JUMP-GIRLS 1ST START HEIGHT FOR GIRLS-4'FT/BOYS-5'FT.**

***TRIPLE JUMP- BOYS 1ST *LONG JUMP-GIRLS 1ST**

AWARDS ARE 1ST PLACE=T-SHIRTS, 2ND & 3RD PLACES=MEDALS