

EAST CENTRAL INDOOR TRACK MEET

WHAT: INDOOR TRACK MEET.

WHERE: EAST CENTRAL HIGH SCHOOL FIELDHOUSE. ENTER AT THE RED AWNING, IN BACK OF THE BUILDING.

WHEN: SATURDAY, MARCH 6, 2010. 9:00A.M. – FIELD EVENTS. APPROX. 10:30A.M. – RUNNING EVENTS. LONG JUMP AND POLE VAULT MUST BE OVER BEFORE RUNNING EVENTS BEGIN. RUNWAYS ARE ON THE TRACK.

WHO: EIAC SCHOOLS – BOYS AND GIRLS TEAMS.

ENTRY FEE: \$50.00 PER SCHOOL

ADMISSION: \$3.00 PER PERSON(LIMITED SEATING).

TRACK: 145.5 METERS(11 LAPS=1600M) MONDO SURFACE, WITH 6 LANES.

**EVENTS: FIELD EVENTS - LONG JUMP, HIGH JUMP, POLE VAULT, SHOT PUT.
RUNNING EVENTS – 55M HURDLES, 55M DASH, 200M DASH, 400M DASH,
800M RUN, 1600M RUN, 3200M RUN.
RELAYS – 4X400M, 4X800M, SPRINT MEDLEY.**

GENERAL INFORMATION: NO SPIKES ALLOWED ANYWHERE.

OPEN PIT FOR LONG JUMP(4 JUMPS MAX.)

NO SPIN TECHNIQUE FOR SHOT – GLIDE ONLY(4 THROWS), NO CAGE.

TEAM CAMPS WILL BE OUTSIDE TRACK FACILITY IN HALLWAY OR GYM.

LIMITED SPECTATOR SPACE – NO BLEACHERS.

F.A.T. WILL BE USED. MAY QUALIFY FOR HOOSIER STATE RELAY FINALS ON MARCH 20TH AT PURDUE.

NO TEAM SCORING. RIBBONS TO THE TOP 6 IN EACH EVENT.

TIMED FINALS IN THE 55M HURDLES, 55M DASH, AND 200M DASH.

WE WILL RUN AS MANY HEATS AS WE HAVE RUNNERS. YOU MAY ENTER AS MANY ATHLETES AS YOU WANT IN EACH EVENT. MAX. OF 4 EVENTS PER ATHLETE. IN LANE EVENTS, PUT YOUR BEST ATHLETE IN THE FIRST HEAT, 2ND BEST IN THE 2ND HEAT, ETC. ONE FROM EACH SCHOOL WILL BE IN EACH HEAT UNTIL WE RUN OUT. FINAL PLACES WILL BE BASED ON OVERALL TIMES. ONE RACE FOR 1600M AND 3200M RUNS(YOU WILL NEED A COACH OR MGR. TO KEEP TRACK OF LAPS RUN).

CONCESSIONS WILL BE AVAILABLE, BUT NO FOOD OR DRINK INSIDE THE FIELDHOUSE.

***PLEASE FAX(812-926-4012)OR EMAIL(GSTUART1@COMCAST.NET) A BOYS & GIRLS ROSTER BY FRIDAY, FEB. 26TH TO GREG STUART SO HE CAN ENTER NAMES IN THE PROGRAM. YOU WILL THEN RECEIVE A FORM TO ENTER YOUR ATHLETES IN THE EVENTS AND THAT WILL BE DUE BACK TO GREG BY MARCH 4TH.**