**2025 ALL CITY TRACK & FIELD CHAMPIONSHIP**

**EAST, WEST, HIGHLAND, ROWLAND HALLS, JUDGE**

**MARCH 14TH, 2025**

**We are excited to host the ALL-CITY TRACK & FIELD CHAMPIONSHIPS at East High School. Please help get the following information out to those who will be attending the meet.**

1. **Coaches with the early season weather and snowpack. This will be a rolling schedule. We will allow unlimited athletes per event, except relays only one relay team per schools, Per Relay. Please use your discretion how many athletes you enter per events. The later we are the colder it gets.**
2. **Spectators must remain in the bleacher area (behind fences) we have a spectator friendly facility, so coaches please use enforce these requirements.**
3. **Parking will be limited.**
	1. **Bus drop off area on south end of stadium only, buses can park in west parking lot lower tier (farthest west behind bleachers).**
	2. **Spectators must park in marked parking stalls – overflow parking available in student lots (south of the stadium by tennis court.**
4. **All field event participants will receive marks, there will be no minimum standards.**
5. **Shot put, Discus, Javelin and Long Jump contestants will have three attempts.**
6. **Timing will be by RUNNERCARD.**

**Registration Deadline is March 13th at 12:00 NOON.**

1. **Restrooms will be available by the far building by the score board.**
2. **Please have athletes change before coming the facility.**
3. **Coaches there will be no weigh in- available so please be considerate with weight equipment.**
4. **Event Assignment: Timing (RUNNERCARD.COM)**

**Hurdle – All Teams**

**Long Jump – West**

**High Jump – Rowland Halls**

**Shot Put – Highland**

**Javelin – East**

**Discus – Judge**

**Exchange Zones – All Schools**

 **Thanks again for all you do as coaches Roland Tolbert East Track & Field**

**All - City Championships**

**Schedule of events**

**3:00 pm 4 X 800 Relays 3:00pm (Field Events)**

**100/110 Hurdles Javelin (Boys & Girls)**

**100 M Shot Put ( Boys) Girls to follow**

**4X200 Relay Long jump (Girls) Boys to follow**

**1600 M High Jump (Boys) Girls to follow**

**4 X 100 Relay**

**400 M 4:30 ( Field Events**

**300 M low Hurdles Discus ( Boys & Girls)**

**800 M**

**200 M**

**3200 M**

**4 X 400 Relay**

**All Running events will be Girls first, followed by Boys**