Welcome to the Eastwood Knolls Middle School Track Meet. We will be hosting our meet at Eastwood High School. Please bring trash bags for clean up as we will want to show our appreciation and respect to Eastwood High School by keeping their campus clean. In order to participate in this meet you will need to go to runnercard.com and set up one school account. All 4 divisions (7th girls, 7th boys, 8th girls, 7th boys) should use the same account and same password please. Please note: due to the construction that is still taking place at Eastwood High School, we will unfortunately be unable to hold any competition for Shot Put because their pit is still being worked on. Discus will still be available. We apologize for any inconvenience this may cause you and your athletes.

We will be running open pits for the field events. We will run Long Jump and Triple Jump simultaneously so the athletes and coaches can be done quickly so that they may focus on their other events. You will have time in between when the girls and boys jump so that you can either allow the athletes to get their test jumps/steps down or extend the time a little so you can allow all the athletes to get their 3 jumps in. This will be discussed further at the Coaches Meeting.

Don't forget to check in early so that way we can ensure an efficient and fun meet. Eastwood High School will be helping us out by running the start and finish, check in clerks, and timers. Instant results will be available online after each event. Go to:

* ehstrack.bravehost.com
* Click on instant results at the top of the page.
* After the meet results will be uploaded to Runnercard

Thank you and we look forward to seeing all of you for a successful and fun meet.

If you have any questions email Coach Suhail Boureslan at saboureslan3@miners.utep.edu.

**Note: Entries are due Thursday February 5th at 8:00 P.M.**

**Coaches Meeting will be at 8:30 AM**

**Late Entries will be allowed pending the event it pertains to.**

**Athletes will not be allowed to compete in more than 2 distance events and can only participate in 3 running events and 2 field events for a total of 5 events per athlete.**

**Meet Schedule**

**Saturday February 7, at 9 A.M.**

Long Jump in this order (7th girls, 8th girls , 7th boys, 8th boys) To be ran by Riverside MS

9AM-10AM 7th and 8th girls.

10:30-11:30AM 7th and 8th boys.

Triple Jump in this order (7th boys, 8th boys 7th girls, 8th girls) To be ran by Camino Real

9AM-10AM 7th and 8th boys.

10:30-11:30AM 7th and 8th girls.

Discus in this order (7th girls, 8th girls, 7th boys, 8th boys) To be ran by Rio Bravo

Will start at 9AM.

**Saturday 9 A.M. running order: 7th girls, 8th girls, 7th boys, 8th boys**

2400m - Unlimited Entries will be allowed (Divisions may be combined pending amount of athletes)

400m relay

800m - Unlimited Entries will be allowed (Divisions may be combined pending amount of athletes)

100m hurdles

110m hurdles

100m

800m relay

400m

300m hurdles

200m

1600m - Unlimited Entries will be allowed (Divisions may be combined pending amount of athletes)

1600m relay