*SATURDAY MARCH 04, 2023*

Stadium opens at 6:00am

**3200 will begin at 7am; Coaches meeting at 7:30am; Field Events will begin at 8am; 4x100 Relay will begin at 8am**

**Location:** Eleanor Roosevelt HS – 7447 Scholar Way Eastvale, CA 9288

**Parking: Free**

**Admission:** Spectators $8 per adult; $2 per student (with I.D.); $3 children; Seniors & 7 and under Free

**ENTRANCE:** Athletes and coaches will enter through the VISITOR gates; Spectators will enter on the HOME gates.

**TIMING:** Finished Results – Automatic timing, large LED screen at finish line

**DIVISIONS:** Girls F/S; Girls Varsity; Boys F/S; Boys Varsity **MEDALS GIVE TO TOP 3 OF EACH DIVISION**

**WE WILL COMBINE IF NEEDED THE FOLLOWING RACES: 3200m, 4X100R, 800 Sprint Medley, 300h, 1600m, 4x400R**

**Team Entry Fees:**

$600 max entry fee for complete team

$300 Single gender teams

$20 single athlete events

$50 per team per relay

**Early Bird Special!! $400 Team Entry - $200 Per Gender**

**PAYMENT & CIF CONTRACT IN BY FEBRUARY 10, 2023**

**Make Checks Payable to:**

**Eleanor Roosevelt HS**

**7447 Scholar Way**

**Eastvale, CA 9280**

**Attn: Shonna Bernard-Joseph**

**Registration Deadline: February 28, 2023**

**SCRATCHES: PLEASE NOTIFY US IMMEDIATELY OF ANY SCRATCHES BY EMAIL** [**SBERNARDJOSEPH@CNUSD.K12.CA.US**](mailto:sbernardjoseph@cnusd.k12.ca.us)**.** *ALL SCRATCHES MUST BE MADE NO LATER THAN 9PM ON THURSDAY MARCH 1st, 2023***YOU WILL BE RESPONSIBLE FOR PAYING FOR SCRATCHES MADE AFTER MARCH 1ST, 2023.**

**Register: online at Milesplit.com**

**Questions: Email Coach Shonna @Sbernardjoseph@cnusd.k12.ca.us**

Programs will be emailed March 2nd, 2023 with heat information and approximate start times for each event

**Warm Up Area:** We will be using a full-sized track and grass field located at the connecting River Heights Intermediate. This can also be used as a staging area for E-Z-Ups not located at the top of the bleachers. This provides for large warm-up area and for easy access to the clerk of the course.

**Clerk of the Course:** Competitors will receive starting instructions from the starting line. All competitors will be escorted to the started line from the clerk of the course. Athletes need to check-in at 2nd call prior to their events.

**Entries:** All entries will be made on finish.com. All results will be posted by snack bar and on Finished Results app.

**Relay Teams:** One scoring team.

**Equipment:** Teams furnish their own batons, throwing implements, and pole vault poles

**Awards:** Medals will be given to the top 3 places overall in running and field events

**Snack Bar:** Fully stocked snack bar; Coaches room will have light breakfast but will serve full lunch

**TRASH: Each team is responsible for cleaning their area. Please be considerate of this throughout the meet. There will be a large bag in your team packet to help with the process**

**Canopies**: Set-Up canopies at the very top of the bleachers or on the perimeter of the warmup field area. NO RADIOS will be allowed on the field

**Order of Events - Rolling schedule 7am Start Time - 3200**

|  |  |  |
| --- | --- | --- |
| 1)Girls FS 3200 2) Varsity 3200  3)Boys FS 3200 4) Varsity 3200  **WILL COMBINE BY GENDER** | Girls Long Jump Pit #1  Frosh Soph – Varsity | Frosh 3 Jumps -No final  VAR 4 jumps – No final |
| Girls FS 4x100 Varsity 4x100  Boys FS 4x100 Varsity 4x100 | Boys Long Jump Pit #2  Frosh – Varsity | Frosh 3 Jumps -No final  VAR 4 jumps – No final |
| Girls FS 100H Varsity 100H  Boys FS 110H Varsity 110 H | Girls Triple Jump Pit #1  Frosh – Varsity | Frosh 3 Jumps -No final  VAR 4 jumps – No final |
| Girls FS 400M Varsity 400M  Boys FS 400M Varsity 400M | Boys Triple Jump Pit #2  Frosh – Varsity | Frosh 3 Jumps – No Final  VAR 4 Jumps – No Final |
| Girls FS 100M Varsity 100M  Boys FS 100M Varsity 100M | High Jump  Girls FS 3 attempts – Var (4) – No Final  Boys FS 3 attempts – VAR (4) - No Final | Opening Heights  Girls FS 4’5 Var 4’9  Boys FS 5/2 Var 5’5 |
| Girls FS 800 Sprint Medley  Varsity 800 Sprint Medley  Boys FS 800 Sprint Medley  Varsity 800 Sprint Medley  100-100-200-400  **WILL COMBINE BY GENDER** | Pole Vault on back field  Girls Frosh - Varsity  Boys Frosh Varsity  Girls/ Boys Frosh 3 attempts – No Final  Varsity 4 attempts – No Final | Opening Heights  Girls FS - 6ft  Varsity - 8ft  Boys FS - 7ft  Varsity - 9ft |
| Girls FS 800M Varsity 800M  Boys FS 800M Varsity 800M |  |  |
| Girls FS 300h  Varsity 300h  Boys FS 300h  Girls FS 300h  **WILL COMBINE BY GENDER** |  |  |
| Girls FS 200M Varsity 200M  Boys FS 200M Varsity 200M |  |  |
| Girls FS 1600M  Varsity 1600M  Boys FS 1600M  Varsity 1600M  **WILL COMBINE BY GENDER** |  |  |
| Girls FS 4x400R  Varsity 4x400R  Boys FS 4x400R  Varsity 4x400R  **WILL COMBINE BY GENDER** |  |  |