*SATURDAY MARCH 7, 2020*

Stadium opens at 7:30am

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

**Parking: Free**

**Admission:** Spectators $5 per adult; $2 per student (with I.D.); $3 children; 8 and under Free

**ENTRANCE:** Athletes and coaches will enter through the visitor side; Spectators will enter on the home side of the field.

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

**DIVISIONS:** G F/S; G VAR; B F/S; B VAR;

**Team Entry Fees:**

$500 max entry fee for complete team

$300 Single gender teams

$15 single athlete events

$50 per team per relay

**Early Bird Special!! $380 Team Entry Fee**

**PAYMENT & CIF CONTRACT IN BY FEBRUARY 14, 2020**

**Make Checks Payable to:**

**Eleanor Roosevelt HS**

**7447 Scholar Way**

**Eastvale, CA 92880**

**Attn: Shonna Bernard-Joseph**

**Registration Deadline: February 21, 2020**

**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 2ND, 2020* YOU WILL BE RESPONSIBLE FOR PAYING FOR SCRATCHES MADE AFTER THURSDAY MARCH 4TH 10AM.

**Register: online at finishedresults.com**

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

**Running & Field Events start at 9am; Coaches meeting at 8:30am; Rolling Schedule**

Programs will be emailed Wednesday March 4, 2020 with heat information and approximate start times for each event

**Order of Events: CIF Events plus specialty relay 800 SMR.**

**Girls F/S followed by Boys F/S, Girls Varsity, Boys Varsity**

G F/S 1600m

B F/S 1600m

G F/S 4x100 Relay G VAR 300m Hurdles

B F/S 4x100 Relay B VAR 300m Hurdles

G VAR 4x100 Relay G F/S 200m

B VAR 4x100 Relay. B F/S 200m

B F/S 1600 Meters G VAR 200m

B VAR 1600 Meters B VAR 200m

G F/S 100m Hurdles G VAR 3200m

B F/S 110m Hurdles B VAR 3200m

G VAR 100m Hurdles F/S G 4x400m Relay

B VAR 110m Hurdles F/S B 4x400m Relay

G F/S 400 m G VAR 4x400 Relay

B F/S 400m B VAR 4x400m Relay

G VAR 400m

**LONG JUMP TRIPLE JUMP**

B VAR 400m G F/S Long Jump G F/S Triple Jump

G F/S 100m B F/S Long Jump B F/S Triple Jump

B F/S 100m G VAR Long Jump G VAR Triple Jump

G VAR 100m B VAR Long Jump B VAR Triple Jump

B VAR 100m **F/S Athletes will be given 3 attempts – no finals**

G F/S 800 Sprint Medley **VAR Athletes will be given 4 attempts – no finals**

B F/S 800 Sprint Medley **HIGH JUMP** **POLE VAULT**

G VAR 800 Sprint Medley G F/S High Jump G F/S Pole Vault

B VAR 800 Sprint Medley B F/S High Jump B F/S Pole Vault

G F/S 800m G VAR High Jump G VAR Pole Vault

B F/S 800m B VAR High Jump B VAR Pole Vault

G VAR 800m **Opening Height for High Jump**

B VAR 800m G F/S : 4-5 G VAR : 4-9

G F/S 3200m B F/S : 5-2 B VAR : 5-5

B F/S 3200m **Opening Height for Pole Vault**

G F/S 300m Hurdles G F/S : 6ft G VAR : 8ft

B F/S 300m Hurdles B F/S : 7ft B VAR : 9ft

**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 finishedresults.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 warm up field area. NO RADIOS will be allowed on the field