Coaches,

We welcome you to Eastlake/El Dorado High School’s Annual Track Meet at the Student Activities Complex (SAC). Our goal is to run a safe and smooth meet to give the best experience possible to our student-athletes. We can only accomplish this goal with your assistance. Below is the information for the meet.

Key Points:

* Running Events will be on a rolling schedule starting at 11:30
* High Jump- Freshmen, JV, Varsity (Girls, Boys); Triple Jump- JV, Varsity, Freshmen (Girls, Boys) Long Jump- Varsity, Freshmen, JV (Girls, Boys)
* Shot Put- Girls Divisions Discus- Boys Divisions then switch.
* Pole Vault will be **Thursday at 3 p.m. at SAC.**
* No team camps on the infield. Only athletes about to compete may warm up on the turf.
* Field events will have finals for varsity only lower levels will get 4 attempts.
* UPDATE--ALL RUNS WILL BE TIME FINALS. No prelims.  
  **7:00 a.m.**- Scratch Meeting. Coaches will meet in the home locker room for scratch meeting and for hospitality.

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| Running Events (Girls, Boys) UPDATE- All Runs will be time finals. | Field Events (Varsity Only—Finals Follow after prelims) |
| ALL RUNS WILL BE TIME FINALS 3200 Girls/Boys (FINALS)- 8:00am  *Track may be used after 3200. Everybody must be off by 10:50am*  Eastlake/PHHS Senior Recognition 11:00am  4x1 Relay 11:30am  800m  100m/110 Hurdles  100m  4x2 Relay  400m  300m Hurdles  200m  1600m  4x4 Relay  El Dorado/Socorro Senior Recognition after 4x4 relay | Shot Put- 8:00am Girls, Boys  Discus- 8:00am Boys, Girls  Long Jump- 8:00am (V,9,JV)  Triple Jump- 8:00am (JV,V,9)  High Jump- 7:30am (Boys-East Pit) (Girls-West Pit) (9, JV, V)  **Pole Vault- 3:00pm at SAC on Thursday 3/3/22 (Girls, Boys)** |

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The following schools will have a designated responsibility. We want only coaches running measurements. Please bring your tape measures and sticks.

* **Socorro-Shot Put**
* **Pebble Hills-Discus**
* **Horizon-Long Jump**
* **Americas & Franklin-4x1 Exchange Zones**
* **Fabens & Anthony- 4x2 Exchange Zones**
* **Loretto- 800m break-in, 4x4 Exchange zones**
* **Coronado-High Jump**
* **El Dorado Pole Vault (THURSDAY 3/3/22 @ 3 PM at the SAC)**
* **Clint-Triple Jump**

**Minimum Requirements for Horizontal Jumps and Throwing Field Events**

Each athlete will have their 1st attempt measured. After that, JV and Varsity athletes must make the minimum requirements for their following attempts to be measured. Freshmen will have no minimum. Freshmen and JV will get four attempts, no finals. Varsity level will get three attempts for prelims and three additional attempts for those who qualify for finals.

**Varsity Girls Varsity Boys JV Girls JV Boys Freshmen**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Shot Put** | **26 ft** | **35 ft** | **20 ft** | **30 ft** | **No min.** |
| **Discus** | **80 ft** | **110 ft** | **65 ft** | **90 ft** | **No min.** |
| **Triple Jump** | **26 ft** | **36 ft** | **24 ft** | **34 ft** | **No min.** |
| **Long Jump** | **15 ft** | **18 ft** | **13 ft** | **16 ft** | **No min.** |

**Starting Heights for Vertical Jumps  
(Freshmen level will have starting heights)**

**Var Girls Var Boys JV Girls JV Boys Fresh Girls Fresh Boys**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **High Jump** | **4’2** | **5’2** | **4’0** | **5’0** | **3’8** | **4’8** |
| **Pole Vault** | **6’0** | **6’0** | **6’0** | **6’0** | **6’0** | **6’0** |

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Volunteer:

Primary Starter: Augustin David  
Secondary Starter: JB Frontz

Starting Clerk: El Dorado Coach Lopez

Finishing Clerk: El Dorado Coach Luera

Announcer: Frank Corral

Picker 1: Luis Avila

Picker 2: Arturo Poblano

Awards 1:El Dorado

Awards 2:El Dorado

Blocks: El Dorado

Hurdles Crew: All El Dorado athletes

Security: Johnny Murphy

Trainer: Clay Apodaca

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