Eisenhower Participation Meet

**Date: Tuesday, March 26, 2024**

**Teams: Bluestem, Hutchinson, Goddard, W. Heights and Eisenhower**

**Times: 2:45 - Coaches’ Meeting**

Located in the fieldhouse at the north end of the stadium.

**3:15 - Field Events (No finals)**

THERE WILL BE 2 LOCATIONS FOR EACH EVENT.

Four attempts in the long jump, triple jump, javelin, shot put, and discus.

**4:30 - Running Events (Finals Only)**

The running events against time. There will be no preliminaries.

**Track/Field:** Cement throwing rings

Grass runway for javelin

Rubberized runways for jumping events

**Medals: Top 3 in all events. Coaches may pick up medals in the press box after**

**the meet.**

Results: Results will be posted to Mile Spilt at the conclusion of the meet.

**Order of Events:**

**3:15 Field Events**

Shot Put

Discus

Javelin

Pole Vault (B&G Together)

Girls High Jump then Boys High Jump

Boys Long Jump then Boys Triple Jump

Girls Long Jump then Girls Triple Jump

4:00 Eisenhower Track and Field Senior Recognition

(We will only have one shot put, discus, & javelin. The field events will be done

cafeteria style. Athletes need to report and get their 4 throws or jumps in between

3:15 pm and 5:00 pm)

**4:30 Running Events – all events are final**

4x800 Relays

High Hurdles (Boys followed by Girls)

100 m Dash (Wheelchair, Girls then Boys)

1600 m Run

4 X 100 m Relay

400 m Dash

300 m low/intermediate Hurdles (Girls followed by Boys)

800 m Run

200 m Dash

3200 m Run (We may run boys and girls together based on entries)

4 X 400 m Relay