

# **EVANGELICAL CHRISTIAN SCHOOL SENTINEL'S TRACK & FIELD PROGRAM**

Coach Mack Mitchell O: 239-936-3319 x1224 C: 239-745-9953 Email: [mmitchell@goecs.org](mailto:mmitchell@goecs.org)

## 2022 Private 8 Track Meet Hosted by Evangelical Christian School Friday, April 8th, 2022

\*Entries will be placed on Direct Athletics.

### **Time Schedule:**

- 3:15am Coaches Meeting (@ canopy, in the middle of the field)

### **Field Events**

- 2:00pm Javelin Girls, Javelin Boys

- 4:00pm **Remainer of Field Events**

- Girls / Boys Long Jump & Triple Jump to follow
- Boys Discus, Girls Discus to follow
- Girls Shot Put, Boys Shot Put to follow
- Girls Pole Vault, Boys Pole Vault to follow
- Boys High Jump, Girls High Jump to follow
- Javelin Girls, Javelin Boys

\*\*Throwers & Jumpers will have (3) attempts. All throws will take place near the softball field located Northeast of our campus. All Jumpers will be located around the track in their respective area.

- 5:30pm 4 x 800m Relay
- 6:15pm Unseeded heats for 1600m
- 7:00pm Rolling Schedule:
  - 100m Hurdles
  - 110m Hurdles
  - 100m Dash
  - 1600m Run
  - 4 x 100m Relay
  - 400m Dash
  - 300m Hurdles

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- 800m Run
- 200m Dash
- 3200m Run
- 4 x 400m Relay

### **Award Presentation:**

Medals will be awarded to the top 3 place winners.

- Limit 3 athletes per event
- 1 relay team per relay event
- Athletes may use the baseball field as the warm-up area. Please help in keeping this as a warm up area, not a team area.
- Athletes need to check in to all running events with the Clerk @ the canopy on the West side of the Track.

**\*\*All entries must be entered through Direct Athletics by April 5th, 2022 by 11:59pm**

### **Bus Information**

We ask that all buses report towards the back entrance. We will arrange parking for each school bus or van.

### **Team Entry Fee:**

\$250 per team

Make checks payable to Evangelical Christian School and mail to

Evangelical Christian School  
8237 Beacon Blvd  
Fort Myers, FL 33907

### **Admission:**

Ticket prices are \$6.00 per spectator. You can purchase tickets at

[155cf5c3-67f9-4672-b47f-7a8922fd9693](https://www.directathletics.com/155cf5c3-67f9-4672-b47f-7a8922fd9693)