

East Tigers Alumni Relays

April 9, 2021



Dear Coaches,

On behalf of the East Coaching Staff we would like to invite you to attend the 2021 East Tigers Alumni Relays which will take place on April 9, 2021. The coaches meeting will take place at 3:15 p.m. Field events will start at 4:00 p.m. Running 4:30. All field events will be 4 attempts (except HJ). Throws will be 2+2 attempts.

Heats will go slow to fast. We want athletes to have the best competition and spectators to see great races. Entries are limited to 2 for running and field events. We are only accepting 10 schools.

Additional questions contact DeCarlo Blackwell- 614-805-9713 or blackwelldm@hotmail.com

Team Entry fee: \$120/school (boys and girls).

Awards: Medals (1st-3rd). Team trophies 1st and 2nd. Pick up after the meet.

Timing: F.A.T. Timing will be provided by Wingman Timing.

Facilities: Restrooms located on each side of the stands. Locker rooms are not available. The Clerks area will be located behind the 110m hurdles. The Athletic trainer will be located at the finish line.

Concessions: No concessions or coaches hospitality.

Team Camps: Preassigned. Must stay in team camps

COVID: Please check your athletes and coaches prior to arrival to the meet. Face mask must be worn at all times except when warming up and competing.

Athletic Director: Anthony Brown

Athletic Trainer: Ryan

Order of Events:

Field Events: Start @ 4:00 pm

Field Events 4 attempt finals (2+2 throws).

Boys and Girls Discus

Girls then Boys Long Jump

Boys High Jump

Boys then girls shot put (after the Discus)

Running Events: Start @ 4:30 pm

4x800 relay

100/110h

100m

Sprint Medley (100,100,200,400)

Distance Medley (800, 400, 1200, 1600)

4x100 relay

200m

800m

4x400 relay

Please tell your athletes to stay off the football field. We do not want anyone on the infield.