

2025 East River Invitational

March 19th @ East River High School

Registration on Directathletics.com

Contact: Teresa Smith trssmith9@gmail.com

Brittney Scott brittney.scott@ocps.net

Coaches Meeting: Will take place at 9:30 at the High Jump Pit – Infield will be closed when the meet begins.

Field Events

Finals only with 4 attempts for Long Jump, Triple Jump, & Throwing Events.

Field Events will begin at 10:00 AM

Throwing

10:00 AM Girls Discus & Boys Shot
Follow Girls Shot & Boys Discus
Girls Javelin followed by Boys Javelin
Long Jump B & G
Triple Jump B & G
Pole Vault Girls followed by Boys.
High Jump Girls Followed by Boys

Running Events

All Races are finals (no prelims) Races with multiple heats will be seeded with top seeds in last heat.

Anticipated Times (If we are moving faster, we will) (if we have more teams adjusted schedule will be sent out)

10:30 am	4x800 Relay	Girls & Boys
12:00 pm	100/110-Meter-High Hurdles	Girls & Boys
Running Schedule	100 Meter Dash	Girls & Boys
	1600 Meter Run (Finals top 24)	Girls & Boys
	4 x 100 Meter Relay	Girls & Boys
	400 Meter Dash	Girls & Boys
	400 Meter Low Hurdles	Girls
	400 Meter Intermediate Hurdles	Boys
	800 Meter Run	Girls & Boys
	200 Meter Dash	Girls & Boys
	3200 Meter Run	Girls & Boys
	4 x 400 Meter Relay	Girls & Boys

Additional Information

Fees: Entry fee is \$200 per school. Please make checks payable to East River High School.

Entries: Each school is allowed 4 entries per running or field event and one relay each in each event.

Entries are due by 3/18 at 11:00 pm

Awards: for top 3 Finishers

Tents: Can be set up in the stadium (Visiting Bleachers) Please do not crowd the Long Jump Pits with tents, there is also open grass on the other side of the bleachers. The back field is for warmups and throwing events. You can use the upper field if necessary.

Event Assignments: please contact Teresa Smith by email: trssmith9@gmail.com or Brittney Scott by email: brittney.scott@ocps.net if you are willing to help it is appreciated (free meal at concessions)

Spectator Entry fees: \$3 for parking and \$5 for stadium event.

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